



## American Society of Safety Engineers Illinois State University Student Section 2016-2017 Outstanding Student Section Application



## Student Section Information

Application Date: **March 31, 2017**

Activity Dates: **September 2016 through March 2017**

Student Section Name: **Illinois State University Student Section** (hereafter referred to as Student Section)

Parent Chapter: **Central Illinois ASSE**

Faculty Advisor: **Paul Ronczkowski, MPH, CSP, Instructional Assistant Professor**

Number of Students Pursuing an Academic Degree in Safety or Another Safety Related Discipline: **78**

Number of Student Section Members: **35**

Names and Titles of Student Section Officers and Leaders

Name	Title
Daniel Bowe	President
Jeff Bajema	Vice President
Michael Toliver	Treasurer
Nora Fredstrom	Secretary
Justin Artman	Community Relations and Social Chair

## Contact Information

*We attest that the information provided in this application is a true representation of the Student Section activities for the period specified.*



Signature – Student Section President



Signature – Faculty Advisor  
**Student Section Address:**

**Phone Number:**

Illinois State University






Department of Health Sciences

(309) 438-8808

Campus Box 5220

Normal, IL 61761-5220

## Annual Minimum Requirements

Check off	Annual Minimum Requirements
	Attach at least four newsletters published by Student Section to the appendices. If Section uses social media in place of newsletters, please include several screenshots/printout examples. Section updates in the parent Chapter's newsletter and general emails do not count towards this requirement.
	Include dates of attendance and subject matter of a <u>minimum</u> of 2 parent-chapter hosted General Membership or Executive Committee meetings attended by a Student Section representative within the academic year.
	Include at least 6 Section meetings, with 4 being of technical content, held by the Section within the academic year. The definition of "technical" in this context is a process or procedure directly relating to OSH practice (social gatherings, resume building, interviewing skills, and other soft skills would not be considered "technical" in this context). Please include a brief one sentence description outlining the content of each meeting. A meeting may only be counted once in the totals. Please note the 2016 award only includes activity from September 2016 through March 2017.
	Attach faculty advisor letter of support or recommendation to the appendices.
	Include at least one community or campus activity sponsored or participated in by the Student Section in Judging Criteria 3.0.

## Judging Criteria

### 1.0 Professional Development and Enhancement

#### 1.1 Parent-chapter hosted general membership or executive committee meetings attended by Student Section representative(s)

Meeting Date	Topic	Speaker	Student Section Representative(s)
9/13/16	Insurance fraud surveillance and investigation; co-hosted with student section	Don Peabody and Mike Caldarazzo PhotoFax, Inc.	17
10/11/16	Construction of a processing facility converting old pallets into wood chip energy	Paul Wever, owner Chip Energy, Inc.	6
11/8/16	Regulatory compliance and loss prevention in agriculture	Kevin Frye, Safety Services Manager, Growmark, Inc.	5
1/10/17	OSHA Update	Brian Bothast, OSHA Compliance Assistance Specialist, Peoria, IL Area Office	0 (note: ISU winter break was still in session)
2/21/17	Behavioral safety in the workplace	David Ritchie, EHS Corporate Director, Great Dane Trailers, Chicago Corporate Office	5
3/14/17	The Central Illinois Parent Chapter speaker cancelled, no meeting held this month	N/A	N/A

## 1.2 Technical meetings

Meeting Date	Topic	Speaker	Brief one sentence description outlining the content of the meeting	# of Section Members in Attendance
9/20/16	Loss Control and Risk Management	Dan Heinin, ASP, Senior Risk Management Consultant, ICW Group Insurance	Mr. Heinin discussed loss control and risk management in insurance, the construction industry, and as an OSHA consultation officer.	18
9/27/16	Construction Safety Initiatives	Ryan Nero, CHST, Group Safety Manager and Bob Johnson, Corporate Safety Director, Kenny Construction	Mr. Nero and Mr. Johnson presented on the divisions of Kenny Construction and various safety initiatives.	16
10/3/16	Loss Control	Matt Kubsch, Loss Control Specialist, Country Financial	Mr. Kubsch spoke about his experience in property underwriting across the state of Illinois.	11
10/6/16	Agriculture Safety and Risk Management	Jim Drummond, Risk Management Consultant, Nationwide Agribusiness	Mr. Drummond spoke about risk management in various aspects of agricultural safety.	11
10/18/16	Transition from Student to Safety Professional	Nick Karalis, Omron Technologies	Mr. Karalis (ISU '16) discussed the transition from student to safety professional, focusing on his new position with Omron Technologies	11
11/1/16	Loss Control and Risk Management in Agriculture	Kevin Frye, CSP, Safety Services Manager, Growmark, Inc.	Mr. Frye discussed process safety management, developing a company-wide safety training program, and DOT regulations.	9
1/27/17	Risk Management Systems Tour	Eric and Jerry Prochnow, Owners, KCN Solutions	The Prochnows led a tour of KCN Solutions, which is currently developing risk elimination systems for snow and ice management.	2
2/6/17	Safety Consulting	Bob Bergstrom, GSP, Safety Consultant, Horton Group	Mr. Bergstrom presented on applying the new OSHA standards, such as recordkeeping and silica, across various industries.	17
2/17/17	Foundry Tour	Jardin James, EHS Professional, Caterpillar, Inc.	Mr. James led a tour of Caterpillar's Mapleton Foundry, focusing on potential safety hazards and Caterpillar's solutions.	11
3/23/17	Excel and Data Analysis for Safety Professionals	Angela Banerjee, CSP, Director of Loss Control, Acuity	Ms. Banerjee presented on data analysis techniques for the safety professional in Excel, focusing on pivot tables and graphs.	18

### 1.3 Other meetings

Meeting Date	Topic	Speaker	Brief one sentence description outlining the content of the meeting	# of Section Members in Attendance
9/1/16	Executive Board Planning Meeting	Student Section Executive Board	The executive board met with three faculty members to begin planning events for the Fall Semester.	5
9/6/16	Student Section Kick-Off Meeting	Student Section Executive Board	The executive board facilitated icebreaker activities, presented plans for the semester, handed out applications for membership, and promoted ASSE Foundation Scholarships.	35
9/16/16	Executive Board Planning Meeting	Student Section Executive Board	The executive board met with three faculty members to finalize events through September 2016 and plan events for October 2016.	5
9/20/16	Fall Research Kick-Off Meeting	Dr. Chris Grieshaber and Dr. Tom Fuller, Safety faculty	Safety faculty and the executive board led discussions of potential research topics, resulting in a group that began a research project on anti-fatigue mats.	18
9/30/16	Executive Board Planning Meeting	Student Section Executive Board	The executive board met with three faculty members to finalize events for October 2016 and plan events for November-December 2016.	5
10/14/16	Executive Board Planning Meeting	Student Section Executive Board	The executive board met with three faculty members to finalize events for November-December 2016.	5
10/27/16	Linked-In Workshop	Andrea De Cola, Illinois State University Career Center	Ms. De Cola led an interactive Linked-In workshop to help student section members develop their Linked-In profile and tailor their online presence to enhance network-building.	11
10/28/16	Executive Board Planning Meeting	Student Section Executive Board	The executive board met with three faculty members to finalize events for November-December 2016 and begin planning the Spring 2017 semester.	5
11/3/16	Future Safety Leaders Conference	ASSE FSLC Presenters	Student section members attended FSLC to listen to technical presentations, build their network, and develop leadership skills for their future careers in safety.	5

<b>1/17/17</b>	Executive Board Planning Meeting	Student Section Executive Board	The executive board met with three faculty members to finalize events for January 2017 and begin planning events for February 2017.	5
<b>1/23/17</b>	Swinger's Golf Social	Social	Student section members spent an afternoon at the driving range.	8
<b>1/31/17</b>	Executive Board Planning Meeting	Student Section Executive Board	The executive board met with three faculty members to finalize events through mid-February 2017 and begin planning events for March 2017.	5
<b>2/9/17</b>	Spring Research Kick-Off Meeting	Dr. Chris Grieshaber, Safety Faculty	Dr. Grieshaber and students involved in research presented progress on an anti-fatigue mat study to students interested in joining the project.	8
<b>2/11/17</b>	ISU Men's Basketball Game Social	Social	Student section members cheered the ISU Men's Basketball team on to a victory over rival Bradley.	4
<b>2/14/17</b>	Executive Board Planning Meeting	Student Section Executive Board	The executive board met with three faculty members to finalize events for the end of February 2017 and continued planning events for March 2017 and April 2017.	5
<b>2/23/17</b>	CPR Certification	Fanny Bowers, Meredith Vespers, Nora Fredstrom, CPR Instructors	Student section members received American Heart Association Heartsaver CPR Certification.	25
<b>2/28/17</b>	Executive Board Planning Meeting	Student Section Executive Board	The executive board met with three faculty members to finalize events for March 2017 and April 2017.	5
<b>3/1/17</b>	DIOSH Day 2017	DIOSH Day Presenters	Student section members volunteered to assist with conference logistics and attended technical presentations on accident investigation, drug testing, and OSHA standards.	8
<b>3/21/17</b>	Escape Room Social	Social	ASSE members went head-to-head in a Cops vs. Robbers Escape Room challenge.	8

## **2.0 Section-Sponsored Research and Applications**

### **2.1 *Research***

#### **2.1.1 Anti-Fatigue Mat Study**

Three members of the student section, under the tutelage of Dr. Chris Grieshaber, directed a workplace anti-fatigue mat survey. Five other student section members assisted with the logistics of this project. Participants of the survey were primarily Illinois State University faculty, students and staff. The purpose of the survey was to measure the perceived ratings of discomfort during prolonged standing across three different types of surfaces: air-filled anti-fatigue mat, foam anti-fatigue mat, and the floor (no anti-fatigue mat). Student researchers presented their findings at the Applied Ergonomics Conference in Orlando, Florida in March 2017 and the Illinois State University Research Symposium in Normal, IL in March 2017 (See March 2017 Newsletter in Appendix D). Students will also be presenting at the ASSE Professional Development Conference, Safety 2017 in Denver, CO this summer. See Appendix C for further details regarding this research project.

### **2.2 *Applications of Established Safety and Health Approaches***

N/A

## **3.0 Community Involvement**

### **3.1 *Section-sponsored community activities***

#### **3.1.1 Trick-or-Treat Bags Donation**

The student section purchased Halloween Trick-or-Treat bags with safety messages on them. These were donated to Bright Horizons Daycare and Preschool and Cedar Ridge Elementary School in Bloomington, IL.

### **3.2 *Section-sponsored campus activities***

#### **3.2.1 Homecoming Coffee Tent**

The student section continued a tradition that was started almost thirty years ago of setting up the Homecoming Coffee Tent along the pre-game parade route on campus. Many safety alumni who attend the homecoming game and festivities stopped by the Homecoming Tent to visit with faculty and current students. The student section purchases coffee, soda pop, water, donuts and cookies and asks for donations from spectators along the parade route. A tradition that started in 2015 was to donate all proceeds to the ASSE Foundation. Four student members helped to set up the tent and coffee along with two safety program faculty. Seven student members worked the tent during the parade (See October 2016 Newsletter in Appendix D).

#### **3.2.2 Linked-In Workshop**

The student section sponsored a Linked-In workshop for members and other programs on October 27, 2016. Ms. Andrea De Cola, a Student Ambassador from the ISU Career Center gave advice for students on developing a Linked-In page to develop their own 'brand' in career networking (see October Newsletter in Appendix D). The attendance from other programs was not good, but we did have eleven student members and one faculty member attended this function.



### **3.2.3 American Heart Association Heartsaver CPR Certification**

Three student section members, Nora Fredstrom, Meredith Vespers and Fanny Bowers, are certified to teach CPR (American Heart Association) and volunteered to teach CPR on February 23, 2017 (see February 2017 Newsletter in Appendix D). This was open to all programs in the Department of Health Sciences and other invited departments across campus. Twenty-four student section members, two safety program faculty and one other major attended this event. Ms. Fredstrom, Ms. Vespers, and Ms. Bowers are currently working with other student organizations in the Department of Health Sciences to schedule CPR certification classes, including AIHA and SEHA.

## **3.3 Section participation in community activities:**

### **3.3.1 Boys Scouts of America**

On November 11, 2016, three student section members and one safety faculty member worked with the W. D. Boyce Council of the Boy Scouts of America to help unload and organize popcorn for the annual Boy Scouts fundraiser. Students assisted in the organization, sorting, and distribution of over 2000 items. The student section's assistance enabled the process to be completed in record time (see November-December 2016 Newsletter in Appendix D).

### **3.3.2 Festival of Trees for the Baby Fold**

On November 15, 2016, three student section members and two safety program faculty volunteered for the Festival of Trees in Bloomington, IL. This group helped to set up the hundreds of Christmas trees at the Bloomington-Normal Interstate Center to be sold for the Baby Fold's annual fundraiser. The Baby Fold is a statewide program that assists emotionally and physically abused children. Their goal is to improve the children's lives through foster care, education and other services. This year, the Festival of Trees raised over \$200,000 to aid our local community's Baby Fold operation (see November-December 2016 Newsletter in Appendix D).

### **3.3.3 DIOSH Day**

Downstate Illinois Occupational Safety and Health (DIOSH) Day is an annual, one day safety conference held in Peoria, IL. The planning committee asks that 6 student volunteers help with registration and lunch lines. In return, the Safety Program is given a booth in the exhibitor hall free of charge. The booth is a great opportunity for safety alumni who attend to visit with faculty. On March 1, 2017, seven student section members worked to stuff attendee bags and help with registration, beginning their day at 6 am. The members also attended conference sessions after completing their assigned tasks. Four board members and three other members participated (see March 2017 Newsletter in Appendix D).

## **3.4 Section participation in campus activities:**

### **3.4.1 Festival ISU Fire Extinguisher Training**

Festival ISU is an annual back-to-school event. Festival ISU allows all students to visit booths for approximately 400 different organizations in and around ISU. ISU Environmental Health and Safety (EHS) provided training and hands-on demonstrations of fire extinguisher use to students. On September 1, 2016, 8 student section members help the EHS office at Festival ISU by operating the Bullex Grill systems, recharging fire extinguishers with water and pressure, and teaching hundreds of students the "PASS" method for extinguishing fires (see September 2016 Newsletter in Appendix D).

### **3.5 Section engagement with and/or support of the ASSE Foundation:**

#### **3.5.1 ASSE Foundation Donation**

The student section raised \$220.00 in donations at their annual Homecoming parade coffee tent (see October 2016 Newsletter in Appendix D). The student section discussed and voted on adding \$80 to the amount raised to make a total contribution to the ASSE Foundation of \$300 (see November-December 2016 Newsletter in Appendix D). The members who attended the Future Leaders Safety Conference (FLSC) then presented the check to Dr. Darryl C. Hill, Director of the Foundations Board of Trustees and Mr. Michael Murray, Past Chair of the Foundation's Board of Trustees (see November-December 2016 Newsletter in Appendix D).

#### **3.5.2 Other ASSE Foundation Involvement**

The student section supports the ASSE Foundation in several ways. At the beginning of the academic year at our Fall Kick-Off Meeting, faculty and student section executive board members promoted Foundation news and ideas. The board provided information about the Foundation's mission, scholarships, and the Future Safety Leader's Conference. Additionally, throughout the Fall semester, board members provided reminders about scholarship application deadlines. Finally, several of our members have attended CIL-ASSE Parent Chapter meetings and the Illinois State University Safety Program Advisory Board meetings to discuss opportunities for alumni and professionals to assist the student section by supporting the ASSE Foundation.

### **4.0 Recognition**

#### **4.1 Scholarships**

Dan Bowe, student section President, received the ASSE Student Section Chairperson Award in 2016, which is awarded to the President of the student section each year. As the recipient of this award, Mr. Bowe served on the Safety Program Advisory Board for the 2016-2017 Academic Year.

Jeff Bajema, student section Vice President, received the 2016 John A. Leonowich Award from AIHA for research in non-ionizing radiation. Mr. Bajema also was selected as the Safety Department 2017 OMRON Safety Scholar. Additionally, Mr. Bajema received the 2017 ASSE Foundation Construction Safety Scholarship.

Nora Fredstrom, student section Secretary, received scholarships from the Board of Certified Safety Professionals (BCSP) and Campus Safety Health and Environmental Management Association (CSHEMA). Ms. Fredstrom also received a UPS Scholarship from the ASSE Foundation in 2016. Additionally, Ms. Fredstrom was the first ever Safety major to be named a Bone Scholar, which is the highest honor an undergraduate student can receive at Illinois State University.

Justin Artman, student section Community Relations and Social Chair, has received the 2017 Applications International Corporation Impact Scholarship from the ASSE Foundation, the 2017 American Society of Safety Engineers Central Illinois Chapter John "Gary" Erisman Memorial Scholarship, and the Safety Department 2017 Ronald Budig Leadership Award. Mr. Artman also received the Paul Ronczkowski Student Alumni scholarship in 2016. As the recipient of this award, Mr. Artman served on the Safety Program Advisory Board for the 2016-2017 Academic Year. Additionally, Mr. Artman is a finalist for the Illinois AMVETS Service Foundation Scholarship.

Sarai Villegas, student safety major, was named the 2017 ADM Safety Scholar. Ms. Villegas is not currently a member of the student section.

#### 4.2 Committee Membership

Nora Fredstrom, student section Secretary, was reappointed for a second term as an associate member on the American Chemical Society Committee on Chemical Safety. She is the first and only undergraduate to serve on this committee.

#### 4.3 Invited Conference Presentation

Nora Fredstrom, student section Secretary, accepted an invitation in March 2017 from the President of the American Chemical Society to speak at a Presidential Symposium at the American Chemical Society National Meeting in Washington, D.C. in August 2017 on building a safety culture across the chemical enterprise.

### 5.0 Student Section Participation

#### 5.1 Membership

Illinois State University Student Section ASSE membership is comprised primarily of undergraduate Safety majors. Three of our members are Environmental Health majors, two of whom are pursuing Safety minors. One member is a graduate student in Agriculture, pursuing a thesis in Agriculture Safety. Currently, 40% of Safety majors are ASSE members.

#### 5.2 ASSE Student Roster

2016-2017 Illinois State University Student Section Roster			
1	Charles Alsberry	19	Philip Kopko
2	Chris Amen	20	Alisha Kottke
3	Justin Artman	21	Brian Mejdreich
4	Jeff Bajema	22	Nick Metzger
5	Daniel Bowe	23	Jonathon Mosby
6	Fanny Bowers	24	Morgan Pfafman
7	Kris Callaway	25	Michael Rees
8	Beau Davis	26	Ryan Rubio
9	Christian Felletti	27	Brett Rusche
10	Nora Fredstrom	28	Collin Rusche
11	Ben Freer	29	Tyler Schwab
12	Ryley Geogitsis	30	Thomas Stuhr
13	Ryan Harrison	31	Michael Toliver
14	Dylan Haun	32	Meredith Vespers
15	Jacob Horn	33	Jennifer Voltolina
16	David James	34	Anthony Watkins
17	Cheyenne Jessen	35	Omid Zare-Mehrjerdi
18	Patrick Kane		

### 5.3 Percent of ASSE Members at Each Event

Date	Meeting Topic	Speaker	% of ASSE Members at Event
9/6/16	Fall Kick-Off Meeting	Executive Board	100%
9/13/16	Insurance fraud surveillance and investigation	Don Peabody and Mike Caldarazzo	48%
9/20/16	Loss Control and Risk Management	Dan Heinin	51%
9/20/16	Fall Research Kick-Off	Chris Grieshaber and Tom Fuller	51%
9/27/16	Construction Safety Initiatives	Ryan Nero and Bob Johnson	45%
10/3/16	Loss Control	Matt Kubsch	32%
10/6/16	Agriculture Safety and Risk Management	Jim Drummond	32%
10/11/16	Construction of a processing facility to convert old pallets into wood chip energy	Paul Wever	17%
10/18/16	Transition from Student to Safety Professional	Nick Karalis	32%
10/27/16	Linked-In Workshop	Andrea De Cola	32%
11/1/16	Loss Control and Risk Management in Agriculture	Kevin Frye	26%
11/3-4/16	Future Safety Leaders Conference	FSLC Speakers	14%
11/8/16	Regulatory compliance and loss prevention in agriculture	Kevin Frye	14%
1/23/17	Swinger's Golf Social	Social	23%
1/27/17	Risk Management Systems Tour	Eric and Jerry Prochnow	6%
2/6/17	Safety Consulting	Bob Bergstrom	48%
2/9/17	Spring Research Kick-Off	Chris Grieshaber	23%
2/11/17	ISU Men's Basketball Game	Social	11%
2/17/17	Foundry Tour	Jardin James	32%
2/21/17	Behavioral safety in the workplace	David Ritchie	14%
2/23/17	CPR Certification	Fanny Bowers, Nora Fredstrom, and Meredith Vespers	71%
3/1/17	DIOSH Day	DIOSH Day Presenters	23%
3/21/17	Escape Room Social	Social	23%
3/23/17	Excel and Data Analysis for Safety Professionals	Angela Banerjee	51%

## 6.0 Endorsements

Our student section has made tremendous strides in the past year, both academically and technically. Included in the appendices below are the testaments to our achievements. Please see Appendix A for our Letters of Endorsement.

- **Paul Ronczkowski**, MPH, CSP Instructional Assistant Professor at Illinois State University
- **Chris Grieshaber**, Ph.D., CSP, Associate Professor and Director of Safety Program at Illinois State University
- **Jeffrey Clark**, HSD, MCHES, Professor and Chairperson of Department of Health Sciences at Illinois State University
- **Don Cooper**, CSP, MBA, Safety and Health Manager at State Farm Insurance
- **Audra Sargeant**, OHST, CSP, President of CIL-ASSE and Corporate Safety Director of Bodine Services of the Midwest
- **Amber Gruenloh-Luecke**, Boy Scouts of America
- **Breana Cameron**, The Baby Fold

## 7.0 Other Support Documentation

Appendix A: Endorsement Letters

Appendix B: Student Sign-In Sheets

Appendix C: Research

Appendix C-1: Research Materials and Poster

Appendix C-2: Funding Request

Appendix C-3: Research Presentations

Appendix D: Newsletters

Appendix E: Bylaws

Appendix F: Meeting Flyers

Appendix G: Social Media Presence

# Appendices

Appendix A: Endorsement Letters



College of Applied Science and Technology  
Department of Health Sciences  
305 Felmley Hall  
Campus Box 5220  
Normal, IL 61790-5220  
309-438-8329  
Fax: 309-438-2450

March 14, 2017

ASSE OSSA 2016-2017 Selection Committee,

As the faculty advisor for the Student Section here at Illinois State University, I have enjoyed working with the student section board. This has been an extremely productive year for this group.

Student members outside of the board really stepped up to be active members and lead in projects. The executive board was well organized thanks in large part to the efforts of our secretary in maintaining a calendar for the board and student members. Members participated in many technical meetings. But they also had social events along with professional development. The development of volunteer efforts was led by a non-board member. I believe this reflects the depth of leadership we have in our majors. Our volunteer participation was the best that the student section has had in years.

I would like to direct the committee to the research project of the members. The project was completed in the true spirit of Student Section research with several members actively working and leading the project. Faculty were available for guidance, student members worked it. A poster presentation on the project was accepted for an ergonomics conference.

This group continued the legacy established last year by donating proceeds of the annual homecoming coffee tent to the ASSE Foundation. The check was sent to the foundation in December, 2016 and we will also recognize that at the PDC in Denver this summer.

The board met very early in the semester and set an aggressive agenda. They completed almost all that they set out to do. In the process, I believe they had fun, they learned, they led and they became contributors to the safety profession. They believe they are the outstanding student section of the year. From my experience over the years of participating in the review committee, this section is definitely in the conversation for the award for 2016-2017.

Respectfully,

Paul J. Ronczkowski, MPH, CSP  
Instructional Assistant Professor  
Safety Program





**ILLINOIS STATE  
UNIVERSITY**  
*Illinois' first public university*

College of Applied Science and Technology  
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March 26, 2017

To whom it may concern,

I am writing this letter in support of the Illinois State University (ISU) Student Section of the American Society of Safety Engineers' application for Outstanding Student Section. My name is Dr. Chris Grieshaber. I am an associate professor and the director of the Safety Program in the Department of Health Sciences at ISU. I have had the pleasure of working with the student section board members and membership at-large this year in several capacities, most notably, the research project. As with any organization in which the leadership changes annually, the success and quality of the student section from year to year tends to vary. This year's group at ISU has been nothing short of exceptional. I believe the ISU section is deserving of recognition in this process because of their hard work to increase membership, their professional commitment to the parent chapter and campus community, their commitment to providing quality learning opportunities and experiences for the section members, and their enthusiasm for spreading the important message about the need to protect people, property, and the environment.

As an example of the quality work this group has been doing, the members decided to conduct a research analysis of anti-fatigue mats. A new technology – air-filled mats – was being promoted in the market and the students wanted to compare user perceptions of the new mat with those of other mats. We met in the fall and I laid out for them the process by which they would need to collect and analyze data in order to have any chance of presenting their results professionally – a goal they had set for themselves early in the conversation. From that point forward the students set up and conducted their analysis with minimal assistance from me. Student volunteers (under the leadership of Justin Artman, Nora Fredstrom, Meredith Vesper and Jeff Bajema) delivered the mats, obtained participant consent, and collected and analyzed survey results. The findings were accepted and presented as a poster at the 2017 Applied Ergonomics Conference in Florida. The section will also present their findings at the Undergraduate Research Symposium on campus on March 31. The board members have demonstrated significant leadership in organizing and training student volunteers for the study, which has taken place over a period of 14 weeks and two semesters. In total, almost 900 hours worth of data were collected with the help of seven student volunteers. The effort put forth in conducting this small research study is indicative of the quality and excellence of the ISU student section in 2016-2017.

I highly recommend the 2016-2017 student section of the Central Illinois Chapter of ASSE as an outstanding student section.

Respectfully,

A handwritten signature in black ink that reads "D. Chris Grieshaber".

David "Chris" Grieshaber, Ph.D.  
Associate Professor, Director - Safety Program  
Illinois State University  
Campus Box 5220  
Normal, IL 61790-5220  
309 438-7237

*An equal opportunity/affirmative action university encouraging diversity*



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March 27, 2017

Outstanding Student Section Award Selection Committee  
American Society of Safety Engineers, Student Section

Dear Outstanding Student Section Award Selection Committee:

As Professor and Chairperson of the Department of Health Sciences, in the College of Applied Science and Technology at Illinois State University, it is with great pride and pleasure to write a letter of support for the Illinois State University American Society of Safety Engineers Student Section application for the Outstanding Student Section of the Year Award.

I believe that the Illinois State University Student Section has met the criteria established for this recognition. The Illinois State University chapter has regularly scheduled meetings to organize the many activities and events. The chapter was extremely active during the fall semester, with events schedule nearly every week of the semester. Some of the key events included a completed research project and their subsequent professional presenters (2 presentations) at the Applied Ergonomics Conference at the end of March, community and campus involvement, and providing professional development. The chapter members provided training that certified 27 students and faculty members in Heartsaver CPR/AED. In addition, members attended two parent chapter meetings, toured the Mapleton Foundry facility and have additional events planned for after spring break. In order to accomplish these many activities, there is a high level of involvement by the members.

Based upon the established criteria, I wholeheartedly support and recommend that the Illinois State University Student Section be considered for the Outstanding Student Section of the Year Award.

Sincerely,

Jeffrey K. Clark, H.S.D., MCHES, FASHA  
Professor and Chairperson

March 6, 2017

ASSE OSSA Selection Committee  
520 N. Northwest Highway.  
Park Ridge, IL 60068

**Corporate Headquarters**  
#1 State Farm Plaza, C-4  
Bloomington IL 61710  
309 766 4919

Dear OSSA Selection Committee:

I am happy to provide the following endorsement for the Illinois State University Student Section of ASSE. I am a long term Central Illinois Chapter ASSE board member, and in the past few years have also had the pleasure as serving as an adjunct faculty member for the Illinois State University Safety program. This combination allows me to provide a unique viewpoint from both the academic and parent chapter perspective.

This year's Student Section is a highly motivated, engaged group of emerging safety professionals and future safety leaders. I have found them to be very engaged in the classroom, and at parent chapter meetings. They have consistently attended parent chapter meetings even when they were held quite a distance from the ISU campus. We often have difficulty getting parent chapter members to attend out of town meetings, and yet we have student section members consistently making this commitment.

The Illinois State University Student section is also highly involved both on and off campus. They have participated in such events as:

- Soliciting donations and providing coffee and doughnuts at ISU homecoming
- Having a high percentage of members attend Student Section technical meetings
- Attending the Future Safety Leaders conference in Chicago
- Planning and conducting an ergonomics research project

In my more than 30 years as a Central Illinois Chapter member, I have always enjoyed following student section members as they enter the profession and begin their careers as the next generation of safety professionals. I heartily endorse the current Illinois State University Student Section as a vibrant student section that bodes well for the future of our profession!

Sincerely,



Donald Cooper, CSP  
Manager of Safety and Environmental Health  
State Farm Insurance



Industrial Plant Maintenance  
Tank Removal/Cleaning  
Wet/Dry Vacuuming  
24 Hour Service  
Video Inspection  
Waste Transportation

High Pressure Water Blasting  
Municipal Sewer Cleaning  
Environmental Audits  
Spill Response  
Site Remediation  
Hi-Rail Vacuuming

March 27, 2017

Greetings,

As President of the Central Illinois Chapter, it is with great pleasure that I write this recommendation on behalf of the Illinois State University Student Section of the American Society of Safety Engineers.

Since my transfer to the Central Illinois Chapter, I have continued to be impressed with the involvement of the Illinois State University Student Section. The frequency at which the students attend the parent chapter meetings is worthy of recognition as this can require travel to the meeting sites. The students display their active engagement in the meetings by the open conversations that take place about the meeting content and engagement with parent chapter members. The students have also shown commitment to the safety profession through community involvement. I applaud the desire to help others through local organizations such as the Boy Scouts of America and The Festival of Trees.

On a professional note, I personally have hired several graduates of the Illinois State University safety program. The student involvement in ASSE has allowed me to better select candidates that I feel have shown a higher level of commitment to the safety profession. I firmly believe that a commitment to a higher level of safety begins in the classroom, not on the jobsite.

Outstanding Student Section is a great way to describe this group. They are dedicated, goal-oriented and well on their way to achieving great success in safety!

Best,

Audra Sargeant, OHST, CSP  
President, Central Illinois Chapter ASSE  
Corporate Safety Director  
Bodine Services of the Midwest  
Office: (217) 428-4381  
Email: [asargeant@bodineservices.com](mailto:asargeant@bodineservices.com)



614 N.E. Madison Avenue  
Peoria, Illinois 61603-3833  
phone: 309/673.6136  
fax: 309/673.6184

203 E. Locust St., Suite C  
Bloomington, Illinois 61701-3077  
phone: 309/828.6983  
fax: 309/828.6935  
visit: [www.wdboyce.org](http://www.wdboyce.org)

Counties served:

Bureau  
DeWitt  
Ferd  
Fulton  
LaSalle  
Livingston  
Logan  
Marshall  
Mason  
McLean  
Peoria  
Putnam  
Tazewell  
Woodford

March 6, 2017

Illinois State University  
Attn: American Society of Safety Engineers (ASSE), Student Section  
100 N University St.  
Normal, IL 61761

To whom it may concern:

My name is Amber Gruenloh-Luecke, the Development Director of W. D. Boyce Council, Boys Scouts of America. I am pleased to write on the behalf of the Illinois State University American Society of Safety Engineers (ASSE) Student Section.

Each year during the Fall, the W. D. Boyce Council conducts our annual Popcorn fundraiser. In 2016, the ASSE Student Section volunteered their time in support of our local Troops, Crews, and Packs; and were instrumental in the organizing, sorting and distribution of the hundreds of boxes of Popcorn we received.

Ordered Popcorn is delivered to a local warehouse where a small group of volunteers unloads, sorts and helps facilitate distribution to the Unit Leaders for ultimate delivery by Scouts. Through the help of the ASSE volunteers we were able to sort and distribute all of the orders in record time. Through the initiative and leadership of the ASSE Students, our orders were ready to go before many of the Unit Leaders had even arrived to pick up their orders.

In my opinion, it says a lot about one's character when one takes the time to help an organization, like the Boy Scout, when they have no 'personal' investment, beyond simply lending a hand. My many thanks goes out to the ASSE Student Section and I for one are glad to have them as an active part of our annual Popcorn fundraiser, and our shared community. We look forward to working with ASSE Student Section in the future and will definitely keeping them in mind for our upcoming Popcorn Season in the Fall of 2017.

Sincerely,

**Amber Gruenloh-Luecke**  
Development Director & Council Popcorn Kernel  
W. D. Boyce Council  
Boy Scouts of America

*Please support  
the United Way.*



Breana Cameron

The Baby Fold's Festival of Trees

Bloomington, IL 61701

December 29, 2016

To whom it may concern:

My name is Breana Cameron, and I am the Volunteer Chair for The Baby Fold's Festival of Trees. This event took place in Bloomington, IL on November 18-20, 2016. Prior to the event, many hours are spent unloading trucks, moving large items to the respective areas, setting up tables/chairs, decorating, and much more. The Festival of Trees committee works to recruit hundreds of volunteers to assist before, during, and after the Festival. Without our volunteers, the event would not be possible.

A group from The American Society for Safety Engineers (ASSE) Illinois State University Student Section volunteered their time to help during set up. We strongly appreciate all of their efforts and extend a huge thank you to the group. Again, I would like to stress that our event would not be possible without volunteers such as this group.

If you have any questions or need additional details, feel free to reach out to me at [breana.cameron.ktpk@statefarm.com](mailto:breana.cameron.ktpk@statefarm.com) or (309)333-5993.

Thank you!

Breana Cameron

Volunteer Chair, Festival of Trees

## Appendix B: Student Sign-In Sheets







Student Meeting Attendance Sign In  
Illinois State University ASSE Student Section  
Meeting: September 16, 2016



Printed Name	Signature	Student Email
Michael P. Rees	[Signature]	mrees@ilstu.edu
Kendall Jordan	[Signature]	kjord1@ilstu.edu
Mike Frabizio	[Signature]	mjfrabi@ilstu.edu
Brian Kelly	[Signature]	bpkell2@ilstu.edu
Sean Mitchell	[Signature]	smith10@ilstu.edu
PAT KANE	[Signature]	Phane@ilstu.edu
Gino DiCaro	[Signature]	gdcicar@ilstu.edu
Ryan Harrison	[Signature]	rharri4@ilstu.edu
Josh Tobin	[Signature]	jktobin@ilstu.edu
Kris Callaway	[Signature]	krcallaw@ilstu.edu
Khalilah Habeeb	[Signature]	kehabe@ilstu.edu
Ryan Rubio	[Signature]	rarubio@ilstu.edu
Matt Tumpare	[Signature]	mttumpa@ilstu.edu
Weston Holt	[Signature]	wrholt@ilstu.edu
Christian Felletti	[Signature]	cfellet@ilstu.edu
Tom WATKINS	[Signature]	atwatk1@ilstu.edu
Charles B. Abbey	[Signature]	CRAISBE@ilstu.edu
Nicholas Groves	[Signature]	ngroves@ilstu.edu
Jake Horn	[Signature]	jahorn@ilstu.edu
Dylan Haun	[Signature]	haunster@hotmail.com
Tyler Schwan	[Signature]	tsschw@ilstu.edu
Meredith Verper	[Signature]	mverper@ilstu.edu
Cheyenne Jessen	[Signature]	cmjess2@ilstu.edu
Morgan Pfafman	[Signature]	mpfafma@ilstu.edu
Nick Metzger	[Signature]	nmmetzg@ilstu.edu
Brian Mejdrech	[Signature]	bpmejdr@ilstu.edu
Brett Rusche	[Signature]	btrusche@ilstu.edu

Justin Hartman [Signature] jhartma@ilstu.edu





**Student Meeting Attendance Sign In**  
**Illinois State University ASSE Student Section**  
 Meeting: Parent Chapter Meeting  
September 13, 2016



Printed Name	Signature	Student Email
Jake Horn	<i>[Signature]</i>	jhorn4@ilstu.edu
Ryan Rubio	<i>[Signature]</i>	rrubio@ilstu.edu
Justin Armstrong	<i>[Signature]</i>	jdartwa@ilstu.edu
Dylan Haun	<i>[Signature]</i>	haunster@hotmail.com
<del>Colton Coates</del>	<del><i>[Signature]</i></del>	
Jeff Bejans	<i>[Signature]</i>	jgbejema@ilstu.edu
Meredith Vesper	<i>[Signature]</i>	mvesper@ilstu.edu
Cheyenne Jessen	<i>[Signature]</i>	cmjessel@ilstu.edu
Daniel Bowe	<i>[Signature]</i>	djbowe@ilstu.edu
Michael Toliver	<i>[Signature]</i>	mtoliv@ilstu.edu
Khalidah Habel	<i>[Signature]</i>	kahabel@ilstu.edu
MICHAEL REGS	<i>[Signature]</i>	MREGS@ILSTU.EDU
Charles Alsberry	<i>[Signature]</i>	CRUSBE@ILSTU.EDU
ANTHONY WATKINS	<i>[Signature]</i>	AWATK1@ilstu.edu
<del>Grant Billingsley</del>	<del><i>[Signature]</i></del>	
Tyler Schwab	<i>[Signature]</i>	tsschwab@ilstu.edu
Jack Abel	<i>[Signature]</i>	jack.abel55@gmail.com
Nora Fredstrom	<i>[Signature]</i>	nkfred@ilstu.edu
Kris Callaway	<i>[Signature]</i>	Kcallaw@ilstu.edu



Student Meeting Attendance Sign In  
Illinois State University ASSE Student Section  
Meeting: September 20, 2016



Printed Name	Signature	Student Email
MICHAEL REES	<i>[Signature]</i>	mrees@ilstu.edu
Kris Callaway	<i>[Signature]</i>	kcallaw@ilstu.edu
PATRICK KANE	<i>[Signature]</i>	pkane@ilstu.edu
Nick Metzger	<i>[Signature]</i>	nmetzg@ilstu.edu
Brian Mejdrech	<i>[Signature]</i>	bmejdre@ilstu.edu
Luke Anderson	<i>[Signature]</i>	lrande1@ilstu.edu
Fanny Bowers	<i>[Signature]</i>	fbowers@ilstu.edu
Dylan Hawn	<i>[Signature]</i>	hawnster@hotmail.com
Jake Horn	<i>[Signature]</i>	jhorn4@ilstu.edu
Christian Felleci	<i>[Signature]</i>	cjfel1@ilstu.edu
Tyler Schwab	<i>[Signature]</i>	TSSchwab@ilstu.edu
Tom Stahr	<i>[Signature]</i>	Tmstahr@ilstu.edu
Daniel Bove	<i>[Signature]</i>	djbove@ilstu.edu
Jeff Bejema	<i>[Signature]</i>	jgsjema@ilstu.edu
Ryan Rubio	<i>[Signature]</i>	varubio@ilstu.edu
Michael Toliver	<i>[Signature]</i>	mtolivo@ilstu.edu
Ryan Harrison	<i>[Signature]</i>	rharri4@ilstu.edu
ANTHONY WATKIN	<i>[Signature]</i>	atwatk1@ilstu.edu







































**Student Meeting Attendance Sign In**  
**Illinois State University ASSE Student Section**  
 Meeting: CPR Training February 23, 2017



Printed Name	Signature
Charles R. Alsberry	<i>Charles R. Alsberry</i>
Jen Voltolina	<i>Jen Voltolina</i>
Jeff Boyana	<i>Jeff Boyana</i>
Alina Kottke	<i>Alina Kottke</i>
Brett Rusche	<i>Brett Rusche</i>
Ryan Rubio	<i>Ryan Rubio</i>
Christian Felletti	<i>Christian Felletti</i>
Dylan Kaur	<i>Dylan Kaur</i>
Benjamin Freer	<i>Benjamin Freer</i>
Thalia Averett	<i>Thalia Averett</i>
Gina DiGiannantonio	<i>Gina DiGiannantonio</i>
John Gainer	<i>John Gainer</i>
PAT KANE	<i>Pat Kane</i>
Philip Popko	<i>Philip Popko</i>
Cheyenne Jessen	<i>Cheyenne Jessen</i>
Justi. Armitage	<i>Justi. Armitage</i>
Conor O'Brien	<i>Conor O'Brien</i>
ANTHONY WATKINS	<i>Anthony Watkins</i>
Chris Amen	<i>Chris Amen</i>
Morgan Pfaffman	<i>Morgan Pfaffman</i>
Michael Toliver	<i>Michael Toliver</i>
JACK Waldschmidt	
Nora Fredstrom	<i>Nora Fredstrom</i>
Meredith Kespers	
Fanny Bowers	





Student Meeting Attendance Sign In  
Illinois State University ASSE Student Section

Loss Analysis and Use of Excel, Pivot Tables, and Graphs,  
Angela Banerjee  
March 23, 2017 3:30-4:30



Printed Name	Signature
MICHAEL REES	CPA
Michael Toliver	Michael Toliver
Joe Karl	Joe Karl
ANTHONY WATKINS	Anthony Watkins
Alisha Kottke	Alisha Kottke
Cheyenne Jensen	Cheyenne Jensen
Meredith Vesper	Meredith Vesper
Fanny Bowers	Fanny Bowers
John Perkins	John Perkins
Taevon Matthews	Taevon Matthews
Chris Ameen	Chris Ameen
Austin Arman	Austin Arman
Philip Kofko	Philip Kofko
PAT HANE	Pat Hane
Brian Mejdrech	Brian Mejdrech
Daniel Bawe	Daniel Bawe
Tyler Schwab	Tyler Schwab
Nora Fredstrom	Nora Fredstrom

## Appendix C: Research



Appendix C-1: Research Materials and Poster

## Musculoskeletal Whole-Body Discomfort Survey

For each body part in the figure below, please indicate how often during the *last two work weeks* you experienced pain or discomfort. Then indicate on a scale of 0-10 the level of the pain or discomfort (0=no pain; 10=maximum tolerable pain). Discomfort may include aches, stiffness, numbness, and tingling or burning sensations. Finally, indicate whether or not the pain or discomfort you experienced interfered with your work.

SHOULDERS  left  right

How often?	How much?	Job Interfere?
<input type="checkbox"/> Never	0... <input type="text"/> ...10	<input type="checkbox"/> None at all
<input type="checkbox"/> 1-2/week		<input type="checkbox"/> Slight
<input type="checkbox"/> 3-4/week		<input type="checkbox"/> Substantial
<input type="checkbox"/> Daily		<input type="checkbox"/> Missed work

NECK  left  right

How often?	How much?	Job Interfere?
<input type="checkbox"/> Never	0... <input type="text"/> ...10	<input type="checkbox"/> None at all
<input type="checkbox"/> 1-2/week		<input type="checkbox"/> Slight
<input type="checkbox"/> 3-4/week		<input type="checkbox"/> Substantial
<input type="checkbox"/> Daily		<input type="checkbox"/> Missed work

FOREARMS  left  right

How often?	How much?	Job Interfere?
<input type="checkbox"/> Never	0... <input type="text"/> ...10	<input type="checkbox"/> None at all
<input type="checkbox"/> 1-2/week		<input type="checkbox"/> Slight
<input type="checkbox"/> 3-4/week		<input type="checkbox"/> Substantial
<input type="checkbox"/> Daily		<input type="checkbox"/> Missed work

HIPS / LEGS  left  right

How often?	How much?	Job Interfere?
<input type="checkbox"/> Never	0... <input type="text"/> ...10	<input type="checkbox"/> None at all
<input type="checkbox"/> 1-2/week		<input type="checkbox"/> Slight
<input type="checkbox"/> 3-4/week		<input type="checkbox"/> Substantial
<input type="checkbox"/> Daily		<input type="checkbox"/> Missed work

OTHER:

How often?	How much?	Job Interfere?
<input type="checkbox"/> Never	0... <input type="text"/> ...10	<input type="checkbox"/> None at all
<input type="checkbox"/> 1-2/week		<input type="checkbox"/> Slight
<input type="checkbox"/> 3-4/week		<input type="checkbox"/> Substantial
<input type="checkbox"/> Daily		<input type="checkbox"/> Missed work

LOW BACK  left  right

How often?	How much?	Job Interfere?
<input type="checkbox"/> Never	0... <input type="text"/> ...10	<input type="checkbox"/> None at all
<input type="checkbox"/> 1-2/week		<input type="checkbox"/> Slight
<input type="checkbox"/> 3-4/week		<input type="checkbox"/> Substantial
<input type="checkbox"/> Daily		<input type="checkbox"/> Missed work

KNEES  left  right

How often?	How much?	Job Interfere?
<input type="checkbox"/> Never	0... <input type="text"/> ...10	<input type="checkbox"/> None at all
<input type="checkbox"/> 1-2/week		<input type="checkbox"/> Slight
<input type="checkbox"/> 3-4/week		<input type="checkbox"/> Substantial
<input type="checkbox"/> Daily		<input type="checkbox"/> Missed work

ANKLES / FEET  left  right

How often?	How much?	Job Interfere?
<input type="checkbox"/> Never	0... <input type="text"/> ...10	<input type="checkbox"/> None at all
<input type="checkbox"/> 1-2/week		<input type="checkbox"/> Slight
<input type="checkbox"/> 3-4/week		<input type="checkbox"/> Substantial
<input type="checkbox"/> Daily		<input type="checkbox"/> Missed work

www.ptsalchallenge.com

## Musculoskeletal Whole-Body Discomfort Survey (Form A)

Date:

For each body part in the figure below, please indicate on a scale of 0-10 the level of the pain or discomfort (0=no pain; 10=maximum tolerable pain) that you feel at the end of your workshift. Discomfort may include aches, stiffness, numbness, and tingling or burning sensations. Please also record the approximate amount of time you spent standing while working during your day and your satisfaction with the surface on which you were standing.

Approximately how much time did you spend standing today?  
\_\_\_\_\_

How satisfied are you with the surface you stood on today? (0=not satisfied; 10=most satisfied)  
\_\_\_\_\_

SHOULDERS  left  right

How much?
0... <input type="text"/> ...10

NECK  left  right

How much?
0... <input type="text"/> ...10

FOREARMS  left  right

How much?
0... <input type="text"/> ...10

HIPS / LEGS  left  right

How much?
0... <input type="text"/> ...10

OTHER:

How much?
0... <input type="text"/> ...10

LOW BACK  left  right

How much?
0... <input type="text"/> ...10

KNEES  left  right

How much?
0... <input type="text"/> ...10

ANKLES / FEET  left  right

How much?
0... <input type="text"/> ...10

www.ptsalchallenge.com



# The effect of anti-fatigue floor surfaces on perceived ratings of discomfort during prolonged standing



Justin D. Artman<sup>1,2</sup>, Nora K. Fredstrom<sup>1,2</sup>, Meredith Vesper<sup>1,2</sup>

Faculty Advisor: D. Christian Grieshaber<sup>2</sup>

<sup>1</sup>American Society of Safety Engineers (ASSE) Student Section, <sup>2</sup>Illinois State University, Normal, IL

## Introduction

Prolonged standing may lead to discomfort and for many workers, is associated with symptoms of musculoskeletal disorders (MSDs)...

There is a growing number of occupations that require workers to stand for long periods as part of their daily work activities. Among them are the service industry, health care and assembly operations (Wiggemann & Keyserling, 2013; Meijssen & Knibbe, 2007). Additionally, the use of sit-stand workstations has seen an increase in the prevalence of standing work postures in office and clerical work settings (Buckley, et al., 2015; Commissaris, et al., 2014; Karakolis & Callaghan, 2014). Several studies have shown prolonged standing to be associated with pain and discomfort, especially in the lower extremities (Valachi & Valachi, 2003; Macfarlane, 1997).

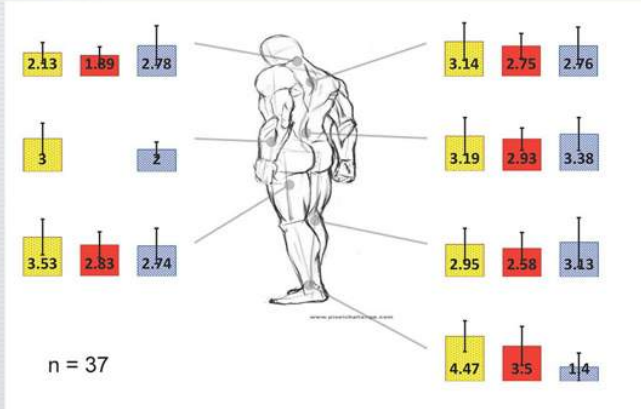
Anti-fatigue mats have been used to mitigate the risk of work-related MSDs and discomfort associated with prolonged standing...

While the effectiveness continues to be debated in the literature, the use of anti-fatigue mats as a way to mitigate pain and discomfort for standing work also continues. Studies like the current one, have used subjective ratings of discomfort as a way to assess the effectiveness of anti-fatigue mats (Wiggemann & Keyserling, 2013; Cham & Redfern, 2001; Redfern, 1995). Generally, the authors concluded that anti-fatigue flooring surfaces are associated with lower ratings of discomfort than hard flooring as long as the surface was not too "soft" (Cham & Redfern, 2001; Redfern, 1995). Postural movement and weight-shifting have also been used to measure discomfort (Wiggemann & Keyserling, 2013; Zhang, Drury & Wolley, 1991).

As new flooring technologies emerge in the market, there continues to be a need to assess the effectiveness of those surfaces in reducing worker discomfort and fatigue – in particular, those associated with musculoskeletal disorders of the lower extremities.

## Objective

To assess the effect that an inflatable anti-fatigue mat has on worker discomfort compared to other work surfaces



## Methods

### Participants

Volunteers for this study were selected from a working population in and around a university community who averaged at least two hours of standing work during a normal working day. Volunteers who self-reported musculoskeletal disorders of lower extremities were asked not to participate.

### Self-Administered Questionnaire

IRB-approved written consent; survey responses submitted anonymously using a modified version of Cornell Musculoskeletal Discomfort Questionnaire (Hedge, Morimoto, McCrobie, 1999; Harich, 2002). Three mat conditions surveyed (randomized, repeated) over a six-day trial. Participants surveyed once pre-trial and again at the end of each workday.

## Findings

- Avg. time spent standing during workday: 3.4 ± 1.1 hours (n=37); no significant differences between time spent on each surface.
- Participants reported significantly higher job satisfaction when standing on the foam (6.0) and air (5.5) anti-fatigue mat surfaces when compared to a no mat condition (3.3, p < 0.01)
- Participants reported significantly lower ratings of discomfort for the hips/legs (p < 0.05) and feet (p < 0.01) over the no mat control condition
- For all reported body locations except the knees and forearm, the foam mat and air-filled mat resulted in lower ratings of discomfort than the no mat control. Some participants noted that standing on the air-filled mat resulted in a noticeable increase in working height that may have affected ratings for the forearm.

## Future Work

- Survey data limited by the perceptions of participants. Biomechanical assessment of weight-shifting (motion tracking and center of mass) and muscle activity (EMG), both markers of fatigue (Wiggemann & Keyserling, 2013).

## References and Acknowledgements

The authors would like to acknowledge the assistance of other student members of the ASSE student section at Illinois State University during the data collection process.

Buckley, J.P., et al. (2015) The sedentary office: a growing case for change towards better health and productivity. Expert statement commissioned by Public Health England and the Active Working Community Interest Company, *British Journal of Sports Medicine*, published June 1 as 10.1136/bjsports-2015-094618. Cham, R. & Redfern, M. (2001). Effect of flooring on standing comfort and fatigue. *Human Factors*, 43, 381-391. Commissaris, D.A.C.M., et al. (2014) Effects of a standing and three dynamic workstations on computer task performance and cognitive function tests. *Applied Ergonomics*, 45(6), 1570-1578. Karakolis, T and Callaghan, J.P. (2014). The impact of sit-stand office workstations on worker discomfort and productivity: A review. *Applied Ergonomics*, 45(3) 799-806. Macfarlane, G.T. (1997). Employment and physical work activities as predictors of future low back pain. *Spine*, 22, 1143-1149. Meijssen, P. & Knibbe, H. (2007). Prolonged standing in the OR: A Dutch research study. *AORN Journal*, 86, 399-414. Redfern, M. (1995). Influence of flooring on standing. *Human Factors*, 37, 570-581. Valachi, B. & Valachi, K. (2003). Mechanisms leading to musculoskeletal disorders in dentistry. *Journal of the American Dental Association*, 134(10), 1344-50. Wiggemann, N & Keyserling, W.M. (2013). Effects of anti-fatigue mats on perceived discomfort and weight-shifting during prolonged standing. *Human Factors*, 55(4), 764-775. Zhang, L., Drury, C., & Woolley, S. (1991). Constrained standing: Evaluating the foot/floor interface. *Ergonomics*, 34, 175-192.

## Appendix C-2: Funding Request

**STUDENT SECTION of the CENTRAL ILLINOIS CHAPTER of ASSE**  
**Application for Travel Support to Professional Development Conferences**  
**Cover Sheet**

1. Corresponding Applicant: **Dan Bowe**  
Student Section President  
[djbowe@ilstu.edu](mailto:djbowe@ilstu.edu)
2. Faculty Advisor: **Paul Ronczkowski, MPH, CSP**  
Instructional Assistant Professor, Safety Program  
Department of Health Sciences  
Illinois State University  
Campus Box 5220  
Normal, IL 61790-5220  
[pjroncz@ilstu.edu](mailto:pjroncz@ilstu.edu)  
(309) 438-8808
4. Date: **February 7, 2017**
5. Title: **Student Travel Support**  
*Applied Ergonomics Professional Development Conference*
6. Funds Request: **\$1800**

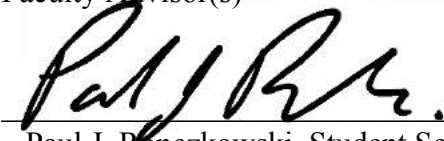
Applicant(s):

  
\_\_\_\_\_

Daniel J. Bowe, Student Section President

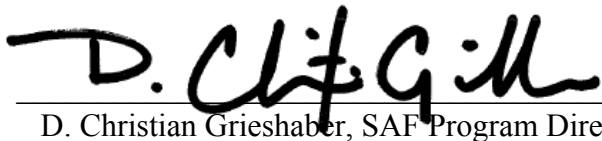
**2/7/2017**

Faculty Advisor(s)

  
\_\_\_\_\_

Paul J. Ronczkowski, Student Section Advisor

**2/7/2017**

  
\_\_\_\_\_

D. Christian Grieshaber, SAF Program Director

**2/7/2017**



DEPARTMENT OF  
HEALTH SCIENCES  
*Illinois State University*

## Narrative

Presented below is a projected budget for student travel to the Applied Ergonomics Conference (AEC) in March 2017.

Student section members have positioned themselves well this year to compete for the ASSE Outstanding Student Section Award (OSSA). A key piece to the application is research. The students chose to work on an ergonomic assessment of anti-fatigue mats this year, so the Applied Ergonomics Conference made sense as an outlet to present the results and learn. They have also submitted an abstract to present the results at the undergraduate research symposium on campus.

The available resources on campus for undergraduate student travel to conferences are minimal. The resources that are available are mostly in place to support graduate students and programs. The safety program and ASSE student section are committed to increasing undergraduate research and promoting professional development and the practice of continuous improvement by supporting student travel to professional development conferences. We believe exposing students to professional development early will encourage them to embrace similar opportunities as professionals. We will attempt to support student travel to the Safety 2017 Professional Development Conference (PDC) as well.

In order to promote continuity and encourage future students to participate, we will require for this application that at least two students attending the conference must be returning to the safety program as members of ASSE in the *Fall 2017* semester.

## Benefits to the Students/Student Section

OSSA Application: Feedback from ASSE on previous OSSA applications has been that ISU lacks quality student section research. This is a fundamental objective on the application. By traveling to a peer-reviewed conference to present our results, we believe we will confirm a dedication to undergraduate research, not just for purposes of the OSSA application, but also to the student section's drive to make scientific inquiries into better safety and health practices. Overall, the student section can be elevated in the running for Outstanding Student Section by presenting our findings at a professional conference. The financial award if we are selected as award winners will help support future travel and professional development.

Individual Students: Each student that attends will benefit personally and professionally. Personally, students will improve communication skills (both oral and written), scientific inquiry and collaborative work ethic and skill in defending their results and conclusions. This particular conference also gives the students an opportunity to experience an area of safety that may not be as familiar. Students will also have an opportunity to network and develop an important appreciation for the value of professional development and continuous improvement and learning.

## Projected Budget

Registration .....	\$	250.00
Air: Delta (BMI-MCO) .....	\$	575.00
Lodging (4 nights, 2 students/room) .....	\$	420.00
<i>Room Rate (base) .....</i>	<i>\$</i>	<i>179.00</i>
Meals (\$40 per diem) .....	\$	160.00
Subtotal (per student) .....	\$	1405.00
Total (4 students) .....	\$	5620.00

## Budget Request

Students .....	\$	1200.00
ASSE Student Section .....	\$	800.00
ASSE Parent Chapter .....	\$	1800.00
SAF Excellence Fund .....	\$	Balance

## Budget Justification

Students: Each student who attends will be expected to reduce his or her travel costs by at least \$300. Students are responsible for their own spending money.

They can reduce travel costs directly by:

- Applying for money from departmental and college resources
- Working at the desk or other events at the conference to lower registration
- Using personal funds to support travel

They can reduce travel costs indirectly by sharing a room with at least one other student, unless gender or medical needs prevent the option to do so. Students will be responsible for the cost of a single room upgrade if they request for preference.

ASSE Student Section: We are asking the student section to provide \$200/student

ASSE Parent Chapter: We are asking the parent chapter to provide \$450/student in travel support

Safety Excellence Fund: We are asking the foundation to provide the balance of support for each student. This would be a total of \$1820 (\$455/student) according to the budget.

## Budget Imbalance

If financial support exceeds travel costs, any surplus support that remains pledged will be redirected to help support student travel to the Safety 2017 PDC in Denver, CO.

If projected costs exceed support the number of students invited to attend will be reduced.



## Appendix C-3: Research Presentations



# The 20th Annual appliedergonomics CONFERENCE 2017

Optimize business through applied ergonomics

The effect of anti-fatigue floor surfaces on perceived ratings of discomfort during prolonged standing ✕

**Day:** Tuesday  
**Session** 1:00 PM - 2:00 PM  
**Time:**  
**Location:** Coronado Ballroom Foyer

**Audience Level:**  
Basic

**Primary Focus:**  
Poster Session

**Secondary Focus :**  
Applied (Translational) Research

[⊖ Back](#)

**Presentation Title:**

The effect of anti-fatigue floor surfaces on perceived ratings of discomfort during prolonged standing

**Learning Objectives:**

Compare and contrast a new anti-fatigue mat technology with existing data and technologies Compare and contrast worker ratings of discomfort while standing on different surfaces

**Presentation Description (Abstract):**

**Introduction:** Standing for long periods of time at work has been linked to discomfort and pain in the lower extremities and back. Standing work is becoming increasingly prevalent in office and service work environments. An accepted strategy for reducing the fatigue and discomfort associated with prolonged standing work is the use of anti-fatigue mats. As new anti-fatigue technologies are introduced, there is a need to assess the impact that each has on reducing worker fatigue and perceived discomfort. **Approach/Methods:** Male and female workers at sit-stand workstations in an office setting were selected to participate in this study. Each participant was asked to perform their regularly assigned work duties using one of three mat conditions: no mat, foam, air-filled bladder (new technology). At the end of each workday, participants completed a survey regarding their activities and perceived discomfort. Experimental conditions were randomized and repeated once for each participant. **Discussion & Significance:** The results will be presented as an applied ergonomics translational research study. Worker discomfort is an important factor in job satisfaction and productivity. Comparing results for a new mat with existing measures in the literature will provide evidence to support the ongoing use and advancement of anti-fatigue technology.

**Biography:**

D. Christian (Chris) Grieshaber, Ph.D. is an associate professor and program director for the safety program in the department of health sciences at Illinois State University. His research interests include occupational biomechanics and the assessment of human performance during manual work tasks. He teaches courses in ergonomics, quantitative risk assessment and safety training.

**Presentation File:**

[Click to View](#)

**Authors:**

**D. Christian Grieshaber**  
Illinois State University

Justin Artman  
Illinois State University

Meredith Vesper  
Illinois State University



Outstanding Student Section Award Application 2016-2017



## Research Symposium Overview

Illinois State's Research Symposium is a university-wide showcase of student research, scholarship, and creative endeavor.

Held every spring, the Research Symposium offers students the opportunity to actively participate in the Illinois State academic community. This year it will be at Redbird Arena.

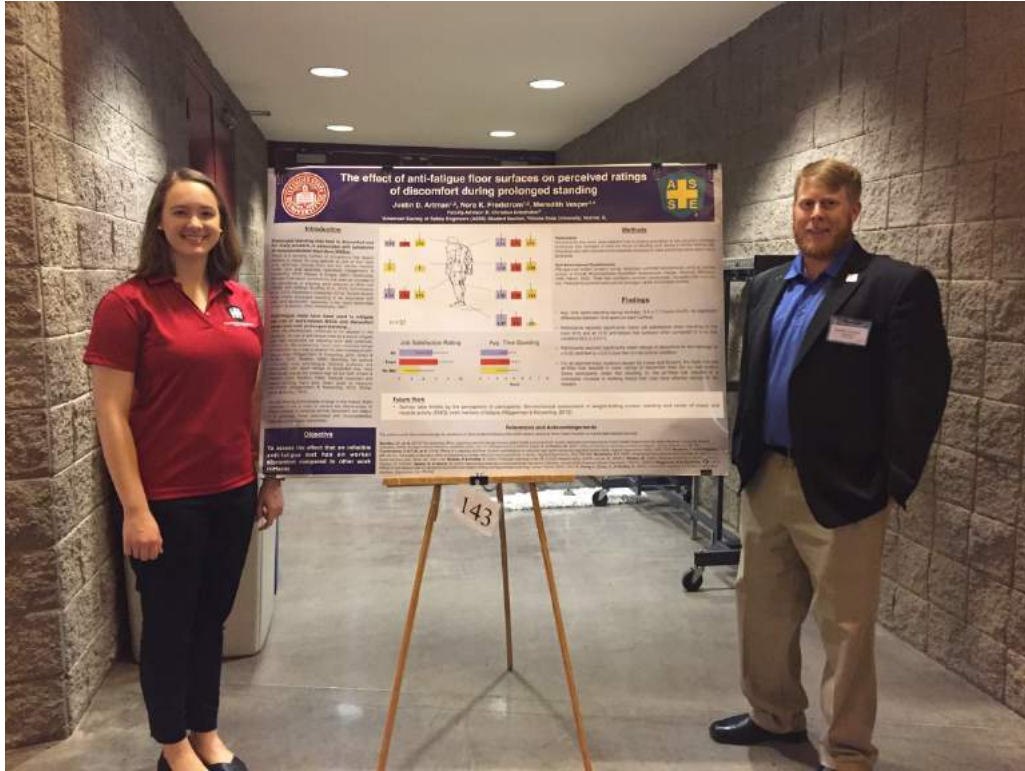
The Symposium is open to all students enrolled at the university and engaged in research, scholarship, and creative endeavor under the direction of a faculty mentor.

### Why Participate

- Participation in the symposium is an attractive addition to any resume or graduate school application.
- Taking part allows students to gain valuable experience presenting to a diverse audience.
- Participants are able to network and gain an appreciation of the work of their colleagues.
- All participants are eligible to apply for assistance funds.

### How to Participate

- Find a faculty member willing to serve as your mentor.
- [Sign up during registration period](#) (December 1, 2016—February 3, 2017).
- Prepare your presentation with your faculty mentor's guidance.



## THE EFFECT OF ANTI-FATIGUE MATS ON PERCEIVED RATINGS OF DISCOMFORT DURING PROLONGED STANDING

Presenter	Artman, Justin Undergraduate, Health Sciences
Mentor	Prof. Chris Grieshaber
Authorship	Chris Grieshaber; Justin Artman

There is a growing number of occupations that require workers to stand for long periods as part of their daily work activities. Among them are the service industry, health care and assembly operations (Wiggermann & Keyserling, 2013; Meijssen & Knibbe, 2007). Additionally, the use of sit-stand workstations has seen an increase in the prevalence of standing work postures in office and clerical work settings (Buckley, et al., 2015; Commissaris, et al., 2014; Karakolis & Callaghan, 2014). Several studies have shown prolonged standing to be associated with pain and discomfort, especially in the lower extremities (Valachi & Valachi, 2003; Macfarlane, 1997). While the effectiveness continues to be debated in the literature, the use of anti-fatigue mats as a way to mitigate pain and discomfort for standing work also continues. Studies like the current one, have used subjective ratings of discomfort as a way to assess the effectiveness of anti-fatigue mats (Wiggermann & Keyserling, 2013; Cham & Redfern, 2001; Redfern, 1995). Generally, the authors concluded that anti-fatigue flooring surfaces are associated with lower ratings of discomfort than hard flooring as long as the surface was not too "soft" (Cham & Redfern, 2001; Redfern, 1995). Postural movement and weight-shifting have also been used to measure discomfort (Wiggermann & Keyserling, 2013; Zhang, Drury & Wolley, 1991). Male and female workers that use sit-stand workstations were selected to participate in the survey. The workers were asked to not change their day to day routine, only the surface they were working on. The participants were asked to perform their work on one of three conditions: no mat, foam mat or an air-filled bladder. The experimental conditions were randomized, and at the end of each work day, the participants were asked to complete a discomfort survey. The results will be presented using general descriptive analysis and comparison of discomfort levels across the different conditions.

## Appendix D: Newsletters

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# ASSE September 2016 Newsletter

## UPCOMING EVENTS

### OCTOBER 3RD

Join us at 3:30pm in FHS 301 for a technical presentation by Matt Kubsch.

### OCTOBER 6TH

Join us at 3:30pm in FHS 301 for a technical presentation by Jim Drummond.

### OCTOBER 8TH

Join us outside FHS and Molton Hall at 8:00am to help with the annual ASSE Homecoming Coffee Tent! We will be serving coffee and donuts during the parade while greeting and networking visiting alums!

**WATCH YOUR EMAIL AND THE FACEBOOK PAGE FOR MORE ANNOUNCEMENTS ABOUT UPCOMING MEETINGS AND OPPORTUNITIES!**

## September 2016: Starting Strong



Illinois State University ASSE Student Section has had an amazing start to the year! We have had a meeting, technical presentation, or volunteer activity every week in the month of September! This month, students helped with Fire Extinguisher Training at Festival ISU, attended technical meetings, and hosted a Parent Chapter Meeting at the ISU Alumni Center. Research projects are taking shape and will be beginning work soon. And to top it all off, we have had 50% of all ISU Safety Majors attend at least one meeting this month! Let's keep the momentum going! The ASSE Board Executive Board meets biweekly and has some exciting plans for the coming months including volunteer activities, networking opportunities, technical meetings, and social events.

We will see you at our next meeting!

-Illinois State University ASSE Student Section Executive Board

## Featured Technical Presentation:

### Dan Heinin, Loss Control and Risk Management

Dan Heinin originally started as an iron worker in 1984. He was in the iron industry for 18 years before he graduated from Illinois State University Safety program in 2006. For his professional practice, he worked for OSHA. While with OSHA, Mr. Heinin was able to shadow onsite inspections and experience the onsite consultation process. After the conclusion of his internship with OSHA, Mr. Heinin was hired by Bodine Electric as a safety tech. After 9 months of working with Bodine, OSHA called and informed Mr. Heinin of a position in their consultation sector. With Mr. Heinin's background in construction, he was labeled the "construction expert" amongst his peers at OSHA. Mr. Heinin worked for OSHA for 7 years before being hired by ICW Group Insurance Company. He has worked for ICW for 3 ½ years now and focuses on promoting employer best practice and employee awareness. The Illinois State University ASSE Student Section would like to thank Mr. Heinin for sharing his time, experience, and advice.



**EXECUTIVE BOARD**

**Dan Bowe,**  
President

**Jeff Bajema**  
Vice President

**Mike Toliver,**  
Treasurer

**Nora Fredstrom,**  
Secretary

*Quote of the Month:*

*"The safety of the people shall be the highest law."*

*-Marcus Tullius Cicero*

## CIL-ASSE Parent Chapter September Meeting

On September 13th Illinois State University ASSE Student Section co-hosted the Central Illinois ASSE Parent Chapter Meeting. The technical presentation was given by Don Peabody and Mike Caldarazzo from PhotoFax, Inc. Mr. Peabody spoke on technology changes have impacted surveillance and investigation. Mr. Caldarazzo then spoke about insurance fraud, investigations, and the various innovative technologies being used for surveillance, such as the drone car. The Illinois State University ASSE Student Section would like to thank the CIL-ASSE Parent Chapter for collaborating on this event as well as Mr. Peabody and Mr. Caldarazzo for the interesting presentation.



**PHOTOFAX, INC**

SURVEILLANCE / SPECIAL INVESTIGATIONS / REMOTE SURVEILLANCE

## Festival ISU Fire Extinguisher Training

Thanks to all of the ASSE members who came out to help Illinois State University Environmental Health and Safety with Fire Extinguisher Training during Festival

ISU! We were able to teach hundreds of people in our campus community how to properly operate a fire extinguisher. This training has a huge impact on the safety culture of this university, and EHS really appreciates your



## Illinois State University Welcomes Kenny Construction

The Illinois State University ASSE Student Section would like to thank Kenny Construction for coming to ISU on September 27th for a technical presentation.





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# ASSE October 2016 Newsletter

## UPCOMING EVENTS

### NOVEMBER 11

Volunteer to help the Boy Scouts of America organize their popcorn for distribution from 2:45-6:00pm. Contact Nora Fredstrom or Justin Artman to sign up!

### NOVEMBER 15

Volunteer to help The Baby decorate for the Festival of Trees from 3:00-5:30. Contact Nora Fredstrom or Justin Artman to sign up!

### NOVEMBER 29

ASSE Social at Swinger's from 4:30-5:30pm

**WATCH YOUR EMAIL AND THE FACEBOOK PAGE FOR MORE ANNOUNCEMENTS ABOUT UPCOMING MEETINGS AND OPPORTUNITIES!**

## October 2016: Another Great Month!



Illinois State University ASSE Student Section had another great month! Students attended four technical meetings, a parent chapter meeting, and volunteered to serve coffee during the ISU Homecoming Parade. The ASSE Executive Board continues to meet regularly and has several exciting events planned for the next month, including more technical meetings, volunteer opportunities, and a social! Keep up the good work and we look forward to seeing you at our next meeting!

-Illinois State University ASSE Student Section Executive Board

## Featured Technical Presentation: Matt Kubsch, Country Financial Loss Control

On October 3, the ASSE Student Section was pleased to welcome back Matt Kubsch. Mr. Kubsch graduated from the Illinois State University Safety Program in 2012 as a Safety Major with an Environmental Health Minor. He completed his internship at the OSHA Office in Peoria. He accepted his first job at DuPont Manufacturing before transitioning to Country Financial, where he works in Loss Control. Mr. Kubsch's work focuses on Property Underwriting across Illinois. Mr. Kubsch day-to-day varies significantly. In one day, he might look at an apartment complex, a restaurant, and a construction site. This creates unique challenges, such as working with lots of different types of people, scheduling, and applying many different codes and recommendations. Mr. Kubsch then showed a series of pictures that illustrate some of the things he might look when make a decision about what to insure. These pictures demonstrated how important it is to take advantage of all opportunities to become a knowledgeable and well-rounded safety professional. Illinois State University ASSE Student Section would like to thank Mr. Kubsch for sharing his time and insight.



## October Parent Chapter Meeting

Five students attended the October Parent Chapter Meeting at Chip Energy in Goodfield, IL. Thank you to the Central Illinois Parent Chapter for organizing the event and hosting the students.



**CHIP ENERGY**  
**CLEAN RENEWABLE FUEL**

## Linked-In Workshop Tips

On October 27, 2016, the Illinois State University Student Section hosted a Linked-In Workshop presented by Andrea De Cola, a Student Ambassador from the ISU Career Center.



### Top 5 Linked-In Tips

1. Choose a profile picture that is professional, clear, and focused on you.
2. Develop a catchy professional title. It does not need to be your current occupation, and it can show some of your personality. If you are actively looking for a job, include that in your professional title.
3. Employers and recruiters are interested in your volunteer experience. Document it on Linked-In. If you are in need of more volunteer activities, you can volunteer with ASSE!
4. Linked-In should not be a regurgitation of your resume. Feel free to add details about yourself that you might talk about in an interview, but would not include on a resume.
5. Your Linked-In profile is about your personal brand. Only add people you actually know who are consistent with your brand.

### EXECUTIVE BOARD

Dan Bowe,  
President

Jeff Bajema  
Vice President

Mike Toliver,  
Treasurer

Nora Fredstrom,  
Secretary

## ISU Homecoming Coffee Tent



Thank you to everyone who volunteered at the Homecoming Coffee Tent on October 8, 2016. It was great to see so many Safety Alums at the tent. We had an excellent turn out and raised \$220.00 for the ASSE Foundation!

## Nick Karalis: Omron Technologies

Nick Karalis graduated from Illinois State University Safety Program in August 2016. He is currently working for Omron Technology. On October 11, 2016, the Illinois State University ASSE Student Section was pleased to host Mr. Karalis to talk about Omron, a sponsor of the ISU Safety Program. Mr. Karalis also discussed the transition from a safety student to a full-time safety profession. ASSE would like to thank Mr. Karalis for his time and insight!



Quote of the  
Month:

*“Safety is more  
important than  
convenience.”*

## Jim Drummond: Nationwide Agribusiness

On October 6, 2016, the Illinois State University ASSE Student Section was pleased to host Jim Drummond from Nationwide Agribusiness. Mr. Drummond presented on the role of Nationwide Insurance in the United States. Nationwide insures, “Dirt to Dinner,” or nearly all aspects of agriculture business. Nationwide also is a very large employer of safety professionals. Mr. Drummond spoke on several exciting internship and full-time opportunities available across the country. Mr. Drummond then showed a number of pictures of some of the operations and facilities Nationwide insures and how a risk manager would approach these operations. ASSE would like to thank Mr. Drummond for his time and presentation.



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### UPCOMING EVENTS

UPCOMING  
EVENTS WILL  
BEGIN TO BE  
ANNOUNCED IN  
JANUARY!

WATCH YOUR EMAIL  
AND THE FACEBOOK  
PAGE FOR MORE AN-  
NOUNCEMENTS ABOUT  
UPCOMING MEETINGS  
AND OPPORTUNITIES!

# ASSE November-December 2016

## Newsletter

### November-December: A Great Fall Semester



Illinois State University ASSE Student Section worked hard to keep the momentum going through the end of the semester! ASSE had 17 events during the fall semester, including technical presentations, professional development events, and even volunteer activities. As we move forward into the next semester, the Executive Board would like to continue to encourage you to be involved in ASSE by attending meetings, participating in research, volunteering, and engaging with the parent chapter. We have some great events in the works for next semester! Looking forward to seeing you there!

-Illinois State University ASSE Student Section Executive Board

### Featured Technical Presentation: Kevin Frye, Growmark, Inc.

Kevin Frye graduated from Illinois State with a Safety major and a minor in Business Administration. He currently works for Growmark in Bloomington, IL. He has been an ASSE Member for over 25 years.

Growmark was established as Illinois Farm Supply in 1927. Currently has over 7000 employees and conducts work in 42 states. Growmark supplies fuels and oils across the country. Growmark also has approximately 100 grain handling facilities. There is a construction division that builds grain storage systems and other agricultural facilities. HAZWOPER is a big part of the industry. Training on anhydrous ammonia is also a big part of Growmark's responsibility.

Mr. Frye spoke on the changes to Growmark following the disaster in West Texas. There was an explosion of a fertilizer plant due to ammonium nitrate. As a result, new regulations were handed down regarding process safety management, which Growmark worked quickly to adapt to. Growmark works to make sure emergency responders are well informed and prepared for emergencies by conducting annual tours, drill participation, and education on chemical hazards and fire/rescue techniques.

Mr. Frye also covered some of the DOT regulations that apply to Growmark, which was a unique learning opportunity for the ASSE Students in attendance. Mr. Frye sees the two "hats" he wears as a safety professional as both regulatory compliance and loss prevention. As a response, Mr. Frye developed a Supervisor Boot Camp, a two-day intensive, which provides supervisors the safety training they need to be effective. This camp has been highly successful in creating safety culture.

ISU ASSE Student Section would like to thank Mr. Frye for his presentation both at ISU on November 1 and at the Parent Chapter Meeting on November 8.



**EXECUTIVE BOARD**

**Dan Bowe,**  
President

**Jeff Bajema**  
Vice President

**Mike Toliver,**  
Treasurer

**Nora Fredstrom,**  
Secretary

*Quote of the Month:*

*"The desire for safety stands against every great and noble enterprise."  
-Tacitus*

## Future Safety Leaders Conference

On November 3-4, five ISU Safety Students attended the Future Safety Leaders Conference in Oak Brook, IL. This conference was attended by hundreds of safety students from across the country. Presentations on success in the workplace and developing memorable and effective safety training were among the highlights. Students especially enjoyed the networking opportunities with sponsors such as Georgia-Pacific, Fiat-Chrysler, and Liberty Mutual. The students in attendance were thrilled to make a donation on behalf of the ISU ASSE Student Section to the director of the ASSE Foundation. The donation came from the money raised during the Homecoming Tent Fundraiser. Those in attendance would like to encourage everyone to apply to attend next year!



## Boy Scouts Volunteer Event



**BOY SCOUTS OF AMERICA®**

Thank you to the students who helped the Boy Scouts of America on November 11! These volunteers helped unload and organize popcorn for distribution. The Boy Scouts really appreciated your help.

## Festival of the Trees Volunteer Event

Thank you to the students who helped at the Festival of Trees on November 15! These volunteers helped prepare the Interstate Center for the many trees that were auctioned and sold for the Baby Fold. This year, the Festival of Trees raised over \$200,000! Thanks to everyone who was a part of this.



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# ASSE January 2017 Newsletter

## January 2017: Spring Semester Begins



The ASSE Executive Board would like to welcome you back campus for the Spring 2017 semester. We have been hard at work, developing technical meetings, professional development events, research opportunities, and socials that we believe will be beneficial for you and your future career. Here is a summary of the upcoming events currently on the schedule. We look forward to seeing you at these events, and please bring a friend!

-Illinois State University ASSE Student Section Executive Board

Technical Meeting: The Horton Group	February 6 4:00-4:45 pm
Basketball Social: ISU Men's Basketball vs. Bradley	February 11 9:00 pm
Mapleton Foundry Tour	February 17 8:30am-12:30 pm
February Parent Chapter Meeting: Behavior-Based Safety	February 21 4:00-8:00pm
AHA CPR Certification	February 23 3:30-5:30 pm
DIOSH Day	March 1 6:00am-3:00pm
Technical Meeting: Maribeth Anderson	March 3 TBA
March Parent Chapter Meeting	March 14 TBA
Escape Room Social	March 21 4:00-5:15 pm
Undergraduate Research Symposium	March 31 9:00am-11:00am
April Parent Chapter Meeting	April 11 TBA
Student Section '17-'18 Executive Board Elections	April 13 3:30-4:30 pm

### QUOTE OF THE MONTH:

"...FOR SAFETY IS  
NOT A GADGET BUT A  
STATE OF MIND..."

-ELEANOR EVERET

## Swinger's Bar and Grille Golf Social



Thank you to everyone who came out and enjoyed the Swinger's Bar and Grille Golf Social! It was a great time to get to know each other a little better and hit some golf balls!

Missed out on this social? No problem!  
We have more socials coming up!  
Basketball in February and Escape  
Bloomington in March!

**EXECUTIVE  
BOARD**

**Dan Bowe,**  
President

**Jeff Bajema**  
Vice President

**Mike Toliver,**  
Treasurer

**Nora Fredstrom,**  
Secretary

## Featured Technical Tour: K.C.N. Solutions



On January 27, 2017, the ASSE Student Section visited Kickapoo Creek Nursery Solutions in Bloomington. K.C.N. Solutions is owned by Jerry and Eric Prochnow. The Prochnows have been involved in the snow removal and deicing business for decades. Several years ago, Eric recognized the significant risk factors and safety challenges of this industry. Eric began developing solutions for these challenges, such as Pro Salt Stations®, UTV Kits®, and Liquid Stations®. Over the years, Eric also developed his own blends of highly effective salt and brine, which he now produces and sells. K.C.N. Solutions is a rapidly growing company, committed to risk management and safety. The Illinois State University ASSE Student Section would like to thank the Prochnows for an excellent tour and a very informative day.

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**QUOTE OF THE  
MONTH:**

**“SAFETY IS NOT AN  
INTELLECTUAL EXER-  
CISE TO KEEP US IN  
WORK. IT IS MATTER  
OF LIFE AND DEATH.  
IT IS THE SUM OF OUR  
CONTRIBUTIONS TO  
SAFETY MANAGEMENT  
THAT DETERMINES  
WHETHER THE PEOP-  
LE WE WORK WITH  
LIVE OR DIE.”**

**-SIR BRIAN  
APPLETON**

# ASSE February 2017 Newsletter

## February 2017: Spring Semester Update



Over the past month, the Illinois State University ASSE Student Section has been very active. We have hosted one technical meeting, visited foundry for a technical tour, attended the Parent Chapter Meeting, enhanced resumes by offering CPR Certification, and attended an ISU Men's Basketball game. Our calendar for the rest of the semester is also quite full! Please note the current schedule of events. These events are subject to change, and communication regarding the changes will be made as soon as possible.

We look forward to seeing you at these events, and please bring a friend!

-Illinois State University ASSE Student Section Executive Board

Event	Date & Time	Description
Parent Chapter Meeting	March 14, 2017 TBA	TBA
Escape Room Challenge	March 21, 2017 3:45-5:00 pm	We will be visiting Escape Bloomington to attempt the Escape Room Challenge. Reserve your spot by signing up in the Health Sciences Office and turning in \$20. ASSE members attending the event will get \$10 back.
Technical Meeting: Data Analysis with Angela Banerjee	March 23, 2017 3:30-4:30pm	ISU Safety Alum Angela Banerjee will be presenting on data analysis, focusing on skills attendees can master by the end of the meeting.
Undergraduate Research Symposium	March 31, 2017 9:00am-11:00am	Attend the ISU Research Symposium to see the ASSE students involved with research present their work.
Student Access and Accommodation Services Panel and Bowling	April 4, 2017 4:00-5:30pm	ASSE will be hosting a group of students from Student Access and Accommodation Services to talk about living with disabilities. After a panel discussion, we will be bowling together.
Student Section Elections	April 11, 2017 3:30-4:30 pm	Elections for the '17-'18 Executive Board will be held. Individuals interested in running for a position are encouraged to talk with current board members. All individuals intending to run for a position must submit their names to Paul Ronczkowski by April 7 <sup>th</sup> .
Parent Chapter Meeting	April 13, 2017 TBA	TBA
Technical Meeting: Maribeth Anderson	April 20, 2017 3:30-4:30 pm	Maribeth Anderson currently works for BP in Chicago. She will present on her work at BP as well as her involvement with ASSE and WISE.
Safety End of the Year Banquet	April 21, 2017 6:30-8:30 pm	TBA



**EXECUTIVE BOARD****Dan Bowe,**  
President**Jeff Bajema**  
Vice President**Mike Toliver,**  
Treasurer**Nora Fredstrom,**  
Secretary

## Featured Technical Presentation: Bob Bergstrom



On February 6, 2017, alum and ASSE Student Section Past President Bob Bergstrom was welcomed back to ISU to give a technical presentation to the ASSE Student Section. Mr. Bergstrom currently works for the Horton Group as a safety consultants. The Horton Group functions as a loss-control and works to help other companies become self-sufficient when it comes to safety. Mr. Bergstrom spoke on the new OSHA Recording Keeping standard. Some new standards added to record keeping are that drug testing can only occur if there is probable cause and if there is not a referenceable limit for a drug, you cannot fire anyone for testing positive for that drug in relation to an accident investigation. Mr. Bergstrom also talked about his work with the

new silica standard, which is proving to be problematic for some of the industries he works for. Mr. Bergstrom then showed some pictures of some of his experiences as safety consultant. Mr. Bergstrom's experiences with this company range from construction to industrial hygiene to general industry. ISU ASSE Student Section would like to thank Mr. Bergstrom for his time and informative presentation.

## Technical Tour: Caterpillar Mapleton Foundry



On February 17, the ISU ASSE Student Section toured Caterpillar's Mapleton Foundry. The tour was led by ISU Environmental Health and Safety alum Jardin James. The students in attendance were able to watch melting and pouring operations and tour the rest of the facility. It was a great opportunity to learn about the unique hazards associated with foundries, and the Student Section would like to thank Mr. James for his time in leading the tour and insightful presentation.

## Professional Development: CPR Certification



On February 23, 2017 twenty-five ASSE Student Section Members received their American Heart Association Heartsaver CPR Certification. The course was taught by three ASSE Members: Fanny Bowers, Meredith Vespers, and Nora Fredstrom. Certification Cards are expected to be available for pick-up after Spring Break. Thank you to Fanny, Meredith, and Nora for volunteering to teach!

## Parent Chapter Meeting: David Ritchie, Great Dane Trailers

On February 21, 2017, the ISU Student Section attended the February CIL-ASSE Parent Chapter Meeting. The presenter for the evening was Mr. David Ritchie, EHS Corporate Director of Great Dane Trailers.

When Mr. Ritchie started at Great Dane a couple of years ago, their biggest problem was OSHA Recordable Injuries. Great Dane was generally happy with their safety record. They were on par with other trailer manufacture Recordable Injury rates. However, what Great Dane did not know is that they were driving the industry recordable rates. In 2015, Great Dane had two fatalities, or as Mr. Ritchie clarified, two deaths. This caused Great Dane to reexamine their safety programs.

Mr. Ritchie then presented how a behavioral approach to safety can turn a safety program around. Mr. Ritchie explained it is important in safety that we connect the low-level actions to the high-level impacts. Mr. Ritchie believes that increasing awareness of risk, risk can be reduced. Immediately following an incident, people are very aware of risk. However, awareness decreases over time. Therefore, it is important to capitalize on high awareness.

The ISU ASSE Student Section would like to thank the CIL-ASSE Parent Chapter for the invitation to attend the meeting and Mr. Ritchie for his moving presentation.



## ASSE Social: ISU Men's Basketball Game

On February 11, 2017, four ASSE Student Section Members attended the ISU Men's Basketball Social and ISU beat Bradley 64 to 50.



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QUOTE OF THE  
MONTH:

"LEARN FROM YES-  
TERDAY, LIVE FOR TO-  
DAY, HOPE FOR  
TOMORROW. THE  
IMPORTANT THING IS  
NOT TO STOP QUES-  
TIONING."

-ALBERT EINSTEIN

## ASSE March 2017 Newsletter

### March 2017: Finishing Strong



The end of the semester is fast approaching! Illinois State University ASSE Student Section has really had an outstanding year. We encourage everyone to attend the final meetings of this year, as outlined below. As always, these events are subject to change, and communication regarding the changes will be made as soon as possible.

As the 2016-2017 Executive Board is finishing their final duties and reports for the year, it is time to look to the future. The 2017-2018 Executive Board will be elected on April 11. We look forward to these next few weeks of transition.

See you at our next event, and please bring a friend!

-Illinois State University ASSE Student Section Executive Board

Event	Date & Time	Description
Student Access and Accommodation Services Panel and Bowling	April 4, 2017 4:00-5:30pm	ASSE will be hosting a group of students from Student Access and Accommodation Services to talk about living with disabilities. After a panel discussion, we will be bowling together.
Student Section Elections	April 11, 2017 3:30-4:30 pm	Elections for the '17-'18 Executive Board will be held. Individuals interested in running for a position are encouraged to talk with current board members. All individuals intending to run for a position must submit their names to Paul Ronczkowski by April 7 <sup>th</sup> .
Parent Chapter Meeting	April 13, 2017 TBA	TBA
Technical Meeting: Maribeth Anderson	April 20, 2017 3:30-4:30 pm	Maribeth Anderson currently works for BP in Chicago. She will present on her work at BP as well as her involvement with ASSE and WISE.
Safety End of the Year Banquet	April 21, 2017 6:30-8:30 pm	TBA

**EXECUTIVE BOARD**

**Dan Bowe,**  
President

**Jeff Bajema**  
Vice President

**Mike Toliver,**  
Treasurer

**Nora Fredstrom,**  
Secretary

**Featured Technical Presentation: Angela Banerjee, Acuity Loss Control**



On March 23, 2017, Illinois State University ASSE Student Section welcomed Angela Banerjee, Director of Loss Control at Acuity. Ms. Banerjee is an alum of the ISU Safety Program, and presented on Loss Analyses, Spreadsheets, and Pivot Tables.

Ms. Banerjee began by discussing Target Loss Drivers, or what type of losses are resulting in the greatest cost. There are both internal and external claim/loss data sources. If your company does not have a lot of internal data, Ms. Banerjee recommends benchmarking data sources, OSHA Establishment Searches, and BLS Data. These resources can be used to determine what other companies are experiencing in terms of losses.

Internal data sources can also be helpful, such as Workers' Compensation claims, OSHA logs, near miss reports, and others to look at track number, costs, and lost time/restricted work days. This data can be compared to previous year's data and/or external data. Ultimately the goal is to determine the most frequent and costly losses.

Ms. Banerjee explained that spreadsheets, filters, and pivot tables can be used to analyze and assess this data. She then demonstrated some of these functions in Excel on a set of Workers' Compensation data.

The Illinois State University ASSE Student Section would like Ms. Banerjee for her time and informative presentation.

**Escape Room Challenge**



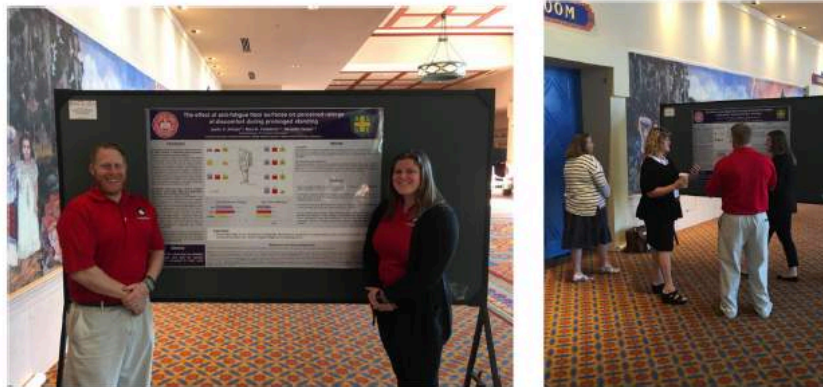
On March 21, 2017, eight Illinois State University ASSE Student Section members, along with 4 faculty member guests faced off at Escape Bloomington in a Cops versus Robbers Escape Room Challenge. Everyone's problem-solving skill were tested, but the Cops prevailed and caught the Robbers. Thanks to everyone who attended this fun event!

## DIOSH Day 2017



On March 1, 2017, seven Illinois State University ASSE Student Section Members travelled to Peoria, IL to attend DIOSH Day. DIOSH Day is an annual, one day safety conference. The students volunteered to assist with conference logistics in exchange for free registration. These students arrived at 6:00am to stuff bags for registration and check people into the conference. The students then had free time to attend technical presentations, such as OSHA Accident Investigation, Risk Management, and Drug-Testing. The students then assisted with lunch logistics, before attending another technical presentation on OSHA Need-to-Know Standards. DIOSH Day was an excellent learning and networking opportunity. Thanks to the students who volunteered to help DIOSH Day!

## Research Presentations: Anti-Fatigue Mat Study



Illinois State University ASSE Student Section has had two opportunities to present their research on anti-fatigue mats this month. Two students presented at the Applied Ergonomics Conference in Orlando, FL on March 27-29, 2017. This presentation resulted in several offers of additional anti-fatigue mats to extend this study further. Three students presented at the Illinois State University Research Symposium on March 31, 2017. Thank you to everyone who worked on this project. We look forward to our next presentation at the Professional Development Conference, Safety 2017 in Denver, CO this summer!

ASSE MARCH 2017 NEWSLETTER


Appendix E: Bylaws


Outstanding Student Section Award Application 2016-2017


Bylaws Illinois State University Student Section of the Central  
Illinois Chapter, ASSE.

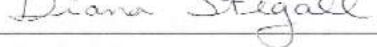
Bylaws Amended February 7, 2017

Bylaws Approved by:

Chapter Executive Committee   
(Paul J. Ronczkowski, MPH, CSP Faculty Advisor)

Central Illinois Chapter President   
(Audra Sargent)

Area Director   
(Brian Hammer)

Regional Vice President   
(Diana Stegall)

Student Section Chartered 1974

#### ARTICLE I – NAME

- Section 1. The name of this Section shall be the Illinois State University Section of the Central Illinois Chapter, American Society of Safety Engineers.
- Section 2. Hereinafter, the Student Section shall be referred to as the Section, the American Society of Safety Engineers shall be referred to as the Society. The Central Illinois Chapter shall be referred to as the Chapter, the Area Operating Committee shall be referred to as the AOC, the Regional Operating Committee shall be referred to as the ROC, and the Illinois State University/College shall be referred to as the School.

#### ARTICLE II – PURPOSES AND GOVERNMENT

- Section 1. The purposes of this Section shall be to promote the advancement of the safety profession and safety education and to foster the professional growth and development of its members within its campus and community.
- Section 2. In fulfilling its purposes, the Section shall have the following objectives:

- a.) To further the professional preparation of the members by sponsoring programs for the advancement of safety and acquisition of technical knowledge.
- b.) To improve scholarship and the general quality of work in the Safety Profession by fostering a concern for progress in all areas of safety, among safety educators and practitioners.
- c.) To encourage greater professional and social cooperation and interaction among students of safety and allied fields and disciplines.
- d.) To unite the resources and skills of students and faculty in programs to benefit Section members, the school and its community.
- e.) To assist the Society in the development of effective and relevant educational programs for the preparation of future safety professionals.
- f.) To provide encouragement and support to society student activities and foster student member development and retention on its local campus.
- g.) To promote participation and entrance into safety/health careers by high school and college students.
- h.) To cooperate with other professional societies and organizations to further the purposes of the society
- i.) To conduct, assist, and support educational activities designed to equip individuals with the knowledge necessary to practice safety.
- j.) To promote the observance of the “canons of ethics” adopted by the society.
- k.) To set up speaking engagements for the purpose of promoting an interest in safety within the section and the university.

- Section 3. This organization shall be governed by this constitution and by-laws and regulations of the Chapter and the ASSE.
- Section 4. The headquarters of the Section shall be located at Illinois State University, Department of Health Sciences, 305 Felmley Hall, Normal IL 61790.
- Section 5. The official symbol of the section shall be the same as that of the Chapter and Society.
- Section 6. Nothing in these bylaws is intended to substitute for, or supersede, rules or procedures established by the school that impacts upon the Student Section.

### ARTICLE III – MEMBERSHIP DUES AND FEES

- Section 1. Section membership is open to all Student Members of the Society, who are enrolled in the safety or related curricula at the school identified in the Section's name. To be eligible as a Society Student Member, an individual shall be enrolled in an undergraduate or graduate safety course intended to prepare the individual for practice in the safety profession or on of its relevant specialties, shall pay an annual renewal fee as designated by the Society Board of Directors.
- Section 2. Section members shall be assessed an annual student member renewal fee by the Society as determined by its Board of Directors. In addition, applicants for Student Membership may be assessed membership application fees as determined by the same Board. Fees shall be paid annually on the anniversary of the Student Member's election date.
- Section 3. The Section may assess its members additional annual fees and dues, upon recommendation of the Section Executive Committee and approved by a majority of Section members voting at a meeting where a quorum is present.
- Section 4. The Section Executive Committee, through the Section Treasurer, is responsible for all Section financial activities, under guidelines established by the Society, Chapter, these Bylaws, and the Section Executive Committee.
- Section 5. The Section shall provide an annual financial report to the Chapter, Area Operating Committee (Regional Operating Committee) and Student Member Activities Committee, describing all Section income and expense activities for the preceding twelve



(12) months. This report shall be reviewed and signed by the Section Advisor and submitted to the Chapter by April 15.

- Section 6. Student Member status, may be retained up to one year following graduation, or until the individual is employed in the field of safety, whichever comes first.
- Section 7. Section membership is personal and non-transferable..
- Section 8. Section members are eligible to vote on all matters brought before them. A majority affirmative vote is necessary for action unless otherwise specified in these bylaws. On Chapter and Society issues, Student Members are eligible to vote only on the election of officers.

#### ARTICLE IV – ORGANIZATION

- Section 1. The Section is a subdivision of the Chapter, formed and operated by ASSE Student Members attending an educational institution located within the Chapter's geographical area.
- Section 2. The Section shall have and maintain a minimum of five (5) members in order to maintain its charter.
- Section 3. In order to maintain its charter, the Section shall identify an advisor (defined in Article V, Sec. 6) and shall provide the Chapter and Society annually with information on the advisor's name, address and telephone number.
- Section 4. Formation and maintenance of the Section charter is based on requirements and guidelines set forth in the Chapter Administration Guide, and is subject to the approval of the Chapter and the appropriate AOC (ROC).
- Section 5. The Section may be dissolved by the Chapter and /or the AOC(ROC), if such action is deemed to be in the best interests of the Chapter and Society. Voluntary dissolution of the Section shall be by two-thirds of Section members after a 30-day advance written notice by the Section Executive Committee. Voluntary dissolution is subject to the approval of the Chapter and AOC (ROC). Upon dissolution, all Section funds and assets shall be returned to the Chapter, school, ASSE Foundation or other ASSE entity, depending on the funding source.

Section 6. The Section fiscal year shall begin on April 1 and end on March 31. The Section activity year shall begin on April 1 and end on March 31.

#### ARTICLE V – OFFICERS

Section 1. Elected Section officers shall be a President, Vice President, Secretary and a Treasurer. Requirements for Officers are as follows:

- a.) President and Secretary: Any permanent member may be elected to these offices.
- b.) Vice President: This office should be filled by any permanent member of the Section who knows to the best of his knowledge he will be able to complete his term of office.
- c.) Treasurer:  
Any Permanent member may hold this office.

Section 2. Elections for all officers will be held during the last meeting of the school year.

Section 3. Prospective officers will be asked by the Executive Committee if they will accept their nomination to office, how long they will be able to retain their office and state their qualifications for the office they intend to hold.

Section 4. Vacancies caused by non-returning officers to the University and those who can not fill their office for the remainder of the term will be filled by the Executive Committee calling a special election meeting.

Section 5. Duties of officers:

- a.) The President shall call, set agendas for, and preside at meetings of the Executive Committee, and preside and set agendas for meetings of the Section membership; shall set goals and objectives for the section and provide leadership, guidance and direction to officers, committees and members to see that they are met; shall appoint members of the Nominating Committee; shall serve as chief spokesman and representative of the Section to the Chapter, Society and allied groups; and shall submit an annual report of Section activities to the Chapter and Student Member

Activities Committee. The president shall serve in the capacity of a non-voting member on the Safety Program Advisory board for the duration of an entire academic year. The president will begin in this capacity at the May advisory board meeting following the April student meeting elections. The president would be invited to attend the following May meeting when the newly elected president would assume the duties.

- b.) The Vice President shall succeed to the office of the President if the President is unable to serve; shall act for the President when requested to do so by the Executive Committee or members; and shall in general prepare to ascent to the Section Presidency in the following year.
- c.) The secretary shall record, transcribe and distribute minutes of all Section meetings, prepare and distribute meeting notices, maintain all Section records and conduct Section membership development and retention activities under the supervision of the Executive Committee.

NOTE: The President-Elect or Vice President may also supervise the work of Section appointed committees or project Chairpersons, if desired.

- d.) The Treasurer shall collect and disburse all Section funds, maintain Section financial records including all income and expense activities, collect Section-generated membership fees and dues, handle all Section liaison with financial institutions, submit an annual report of all Section financial activities to the Executive Committee, and keep the Section and the Chapter regularly informed as to the Section's financial status.

Section 6. There shall be a Section advisor who shall be either:

- a.) An ASSE member who is a faculty member of the school where the Section is located, or
- b.) A formally designated member of the Chapter in whose geographical area the Student Section's school is located.

The advisor shall be an ex-officio member of the Section Executive Committee, and shall serve as liaison between the Section, appropriate school officials, and the Chapter. The advisor shall approve Section activity and financial

reports, fundraising activities, and be consulted on all matter relating to Section dues, fees, and Bylaws. The advisor shall ensure that Section activities do not violate School rules and regulations governing on-campus clubs, groups, and activities.

#### ARTICLE VI – NOMINATION, ELECTION AND REMOVAL OF OFFICERS

- Section 1. The Nominating Committee shall be appointed by the Chairperson/President annually for the purpose of recommending a slate of one or more nominees for each Section elective office. Publication of the slate, including background and qualifying information on each nominee, shall be completed no less than thirty (30) days before the election is conducted. The election and installation of officers for the succeeding Section activity year shall be completed before the end of the current school year.
- Section 2. The term of service for officers shall be for one (1) year beginning July 1.
- Section 3. Five to seven (this should be the number of student members who can submit the petition) Student Section members may submit a signed petition nominating one or more members for elective office. The petition shall be accompanied by a written acceptance by the nominee (s) and shall be submitted to the Nominating Committee Chairperson no less than fifteen (15) days before the election is conducted. The names and qualifications of the petition nominees shall be distributed to all members within seven (7) days of their receipt.
- Section 4. All Section members shall be given the opportunity to vote on the election of officers, through written ballots distributed on campus and/or at a Section meeting.
- Section 5. Three Section members, who are neither candidates for elective office, nominating committee members, no current Section officers, shall be appointed as Tellers to count ballots confirm the propriety of election/nomination procedures, and announce election results.
- Section 6. Elected Section officers may be removed by majority vote of Section members at any regular or special meeting upon presentation of a signed petition from the Section Executive Committee or this should be five to seven Student Section members. Notification of such meeting shall be made to all members at least fifteen (15) days in advance of the meeting.

Appointed Section officers may be removed by the officer who appointed them, or by the Section Executive Committee.

- Section 7. Vacancies in elected Section offices occurring during the elected term shall be filled by the succession designated in Art.V, Sec.5. The resulting Vacancy in the office of Treasurer shall be filled by affirmative vote of a majority of Section members upon a nominating slate of one or more candidates submitted by a special member Nominating Committee appointed by the Chairperson (President). The election shall be held at a regular or special Section meeting, notice for which shall be published at least fifteen (15) days in advance.

#### ARCILE VII – COMMITTEES

- Section 1. Elected Section officers and the Section advisor shall make up the Executive Committee, which shall govern the Section according to these bylaws and within the authority delegated to it by Section members.
- Section 2. The Section shall have a Nominating Committee, appointed by the Chairperson (President), for the purpose of developing a slate of Section officers annually for member election. The committee shall consist of three Section members, one of who shall be a current or past Section officer. The committee shall elect its own Chairperson.
- Section 3. There shall be an Executive Committee, consisting of the elected officers.
- Section 4. The Executive Committee shall meet at least 6 times a year to transact the business of the Section. A quorum shall consist of a majority of the members of the Executive Committee.
- Section 5. The Executive Committees shall be responsible for the policies and programs of the Section. The Executive Committee shall have full authority to act for the Section and to take all steps it deems necessary or appropriate to carry out the Section's purposes. The Executive Committee shall be responsible for the finances of the Section.
- Section 6. The President shall appoint the Chairs of such standing committees as are established in the bylaws, and such special temporary committees as may be necessary to accomplish the purposes of the Section.

#### ARTICLE VIII – AMENDMENTS OF CONSTITUTION

- Section 1. This Constitution may be amended by approval of 2/3 affirmative votes cast by permanent members at a regular meeting of the Section. Amendments may be proposed either by resolution of the Executive Committee, or by petition signed by not less than 5 permanent members of the Section. All proposed amendments shall be submitted to the secretary in writing. Amendments originating in the Executive Committee shall be certified by the President before they are submitted to the secretary.
- Section 2. All proposed amendments received by the Secretary shall be submitted in writing to each member at least 14 days prior to the meeting at which a voice vote shall be taken on the proposed amendment.

#### ARTICLE IX AMENDMENT OF BYLAWS

- Section 1. The bylaws may be amended by a proposal of the Executive Committee. The amendment shall be presented and read at a regular meeting of the Section. The proposed amendment shall then be voted on at the next regular meeting of the section by a voice vote. A majority vote of members present shall prevail.
- Section 2. Amendments shall be published at least fifteen (15) days in advance of the meeting at which action will be taken on them.
- Section 3. Amendments shall be voted on at a regular or special Section meeting where a quorum is present. A majority (option – two-thirds) 2/3 affirmative vote is required for approval.
- Section 4. All amendments approved by Section members are subject to approval of the Chapter Executive Committee and Area Director (Regional Vice President).

#### ARTICLE X – MEETINGS

- Section 1. The Section Executive Committee shall meet upon the call of the President or upon a majority vote of its members.
- Section 2. The Executive Committee shall hold at least two (2) meetings of its members annually, to acquaint them with its activities and conduct necessary business. Five to seven section members at a meeting shall constitute a quorum.

- Section 3. Special meetings of Section members may be called by the Section Executive Committee or by written petition of five (5) members, submitted to the Section President.
- Section 4. Section member meetings and votes shall be required to accomplish the following actions: amendment of these bylaws, establishment of or change in Section dues or fees, removal of elected officers, and Section dissolution.
- Section 5. The Section shall hold six (6) meetings throughout the academic year, which consists of the spring and fall semesters.
- Section 6. Robert's Rules of Order Newly Revised shall govern the transactions of business at Section meetings, unless otherwise specified in these Bylaws.

Appendix F: Meeting Flyers





***American Society of Safety Engineers  
Illinois State University Student Section***

**Tuesday 9/6/15, 3:30PM**

**Membership Drive.**

**Safety Faculty**

**Felmley Room 301 (Safety Classroom)**

***New Students/Majors/Minors Wanted!***



***American Society of Safety Engineers  
Illinois State University Student Section***

**Tuesday 9/20/16, 4:15PM**

**Technical Meeting/Business meeting**

**Dan Heinen, Safety Alumni, ICW Group Insurance, loss control discussion. Business meeting regarding homecoming and community participation activities to begin the meeting.**

**Contact Jeff Bajema ([jgbajem@IllinoisState.edu](mailto:jgbajem@IllinoisState.edu)) so that we have a head count for food**

**Felmley Room 301 (Safety Classroom)**

***New Students/Majors/Minors Wanted!***



***American Society of Safety Engineers  
Illinois State University Student Section***

**Monday 10/3/16, 3:30PM**

**Matt Kubsch, Loss Control, Country Financial. Alumni of  
the safety program, past central Illinois ASSE president**

**E-mail Jeff Bajema, VP, by noon 10/3 for pizza:**

**[jgbajem@IllinoisState.edu](mailto:jgbajem@IllinoisState.edu)**

**Felmley Room 301 (Safety Classroom)**

***New Students/Majors/Minors Wanted!***



***American Society of Safety Engineers  
Illinois State University Student Section***

**Thursday 10/6/16, 3:30PM**

**Jim Drummond, Loss Control, Nationwide Insurance. Loss control, internships, job openings fall 2017**

**E-mail Jeff Bajema, VP, by noon 10/6 for pizza:**

**[jgbajem@IllinoisState.edu](mailto:jgbajem@IllinoisState.edu)**

**Felmley Room 301 (Safety Classroom)**

***New Students/Majors/Minors Wanted!***



***American Society of Safety Engineers  
Illinois State University Student Section***

**Thursday 10/27/16, 3:30PM**

**Linked-In workshop. Bring your lap tops if you have.**

**E-mail Jeff Bajema, VP, by noon 10/6 for pizza:**

**[jgbajem@IllinoisState.edu](mailto:jgbajem@IllinoisState.edu)**

**Felmley Room 301 (Safety Classroom)**

***New Students/Majors/Minors Wanted!***



***American Society of Safety Engineers  
Illinois State University Student Section***

**Tuesday 11/1/16, 3:30PM**

**Kevin Frye, CSP, ARM, Safety Alumni**

**Safety Services Manager, Growmark**

**E-mail Jeff Bajema, VP, by noon 10/6 for pizza:**

**[jgbajem@IllinoisState.edu](mailto:jgbajem@IllinoisState.edu)**

**Felmley Room 301 (Safety Classroom)**

***New Students/Majors/Minors Wanted!***

## ASSE Student Section Event

Insurance / Risk Advisory / Employee Benefits

# HORTON

The Horton Group is an insurance, employee benefits and risk advisory firm based out of Chicago employing several alums!

February 6<sup>th</sup> 4:00-4:45

Email Jeff Bajema ([jgbajem@ilstu.edu](mailto:jgbajem@ilstu.edu)) by noon on February 6<sup>th</sup> for pizza headcount.

## ASSE Student Section Social Event



SEE THE BIRDS BATTLE  
THE BRAVES WITH YOUR  
FELLOW SAFETY MAJORS



February 11<sup>th</sup> 9:00pm at Redbird Arena

Gather at 8:15pm at the Box Office to purchase tickets

Tickets Cost is \$5 for Students

Interested? Contact Justin Artman ([jdartma@ilstu.edu](mailto:jdartma@ilstu.edu))

# ASSE STUDENT SECTION TOUR

- Tour Caterpillar's Mapleton, IL Foundry on February 17, 2017
- Depart Moulton Hall at 8:30 am
- Tour begins in Mapleton, IL at 9:30 am
- Return to campus by 12:30 pm
- *This is a great opportunity to see a foundry operation, which has vast and unique safety challenges.*
- *Please RSVP to Nora Fredstrom ([nkfreds@ilstu.edu](mailto:nkfreds@ilstu.edu)) or sign up in FHS 301 by February 15<sup>th</sup>. Rides are available.*
- *Space is limited, so this a first-come, first-serve event.*



# ASSE STUDENT SECTION PROFESSIONAL DEVELOPMENT

- Obtain your American Heart Association Heartsaver CPR Certification
- February 23<sup>rd</sup> 3:30-5:30 pm in Stevenson 401A
- *This course normally costs at least \$30, but you will be certified for free!*
- *Space for this class is limited and first-come, first-serve. You must sign up in FHS 301 or email Nora Fredstrom ([nkfreds@ilstu.edu](mailto:nkfreds@ilstu.edu)) by February 21*



**American  
Heart  
Association®**

life is why™



## ASSE STUDENT SECTION SOCIAL: ESCAPE BLOOMINGTON

- Come participate in an Escape Room Challenge with ASSE!
- Tuesday March 21, 2017 from 3:45-5:00pm
- 808 S Eldorado Rd. Bloomington, IL 61704
- Reserve your spot by signing up and turning in \$20 to the Health Sciences Office by 3:00pm on Friday, March 10.
- ASSE members will get \$10 back at the event.
- If you have questions or need a ride, contact Nora Fredstrom ([nkfreds@ilstu.edu](mailto:nkfreds@ilstu.edu))



*"Escape Bloomington is a real-life escape the room game. The participants work together using communication, collaboration, creativity, and critical thinking skills to solve the mysteries of the room."*

For more information, visit  
<https://www.escapeteambuilding.us/the-game.html>

## ASSE Student Section Technical Meeting: Loss Analysis and Use of Excel, Pivot Tables, and Graphs

Join ISU Safety Program Alum Angela Banerjee for a discussion of Excel, pivot tables, and graphs.

**March 23, 2017 at 3:30-4:30pm in FHS 301**

The objective of this technical meeting is for students to leave ready to use the new tools and techniques learned during this presentation.

Summer Internship opportunities will also be discussed.

RSVP to Jeff Bajema ([jgbajem@ilstu.edu](mailto:jgbajem@ilstu.edu)) for pizza by March 23 at 11:00am.

Contact Nora Fredstrom ([nkfreds@ilstu.edu](mailto:nkfreds@ilstu.edu)) with any questions.

## Appendix G: Social Media Presence



Illinois State ASSE

Public Group

Joined

Share

Notifications



Discussion Members Events Videos Photos Files

Search this group

Write Post Add Photo/Video Add File More

Write something...

PINNED POST

**Nora Fredstrom**  
March 23 at 11:02am

ASSE had a great time on Tuesday at Escape Bloomington! Looking forward to seeing everyone this afternoon at our technical meeting at 3:30pm. Email Jeff (jgbagem@ilstu.edu) ASAP if you are planning to attend!



ADD MEMBERS

Enter name or email address...

MEMBERS

75 Members



DESCRIPTION

Edit

Illinois State University student section of the American Society of Safety Engineers

TAGS

Add Tags

Add a few descriptive keywords.

CREATE NEW GROUPS

Groups make it easier than ever to share with friends, family and teammates.

Create Group

RECENT GROUP PHOTOS

See All





**Nora Fredstrom**

March 1

ASSE Student Section is helping out at DIOSH Day. If you are an al stop by the ISU Booth to say hi!





**Nora Fredstrom**

February 6

Just a reminder that ASSE has a Technical Meeting this afternoon presented by alum and former ASSE Student Section President **Bobby Bergstrom** at 4:00pm. Please email Jeff Bajema ([jgbajem@ilstu.edu](mailto:jgbajem@ilstu.edu)) or comment on this post by noon today for pizza!



Like Comment Share

Fanny Bowers and Daniel Bowe

Seen by 51



**Justin Artman** I'll be there

Unlike · Reply · 1 · February 6 at 11:23am



**Bobby Bergstrom** Me too!!

Like · Reply · February 6 at 11:49am



Nora Fredstrom replied · 1 Reply



Write a comment...





**Daniel Bowe**

January 24



Golfing at Swingers for our first ASSE social of the semester. We had a great time. Come out for our next event as we do an escape room at Escape Bloomington! Details to be announced later.



Like

Comment

Share

You and 2 others

Seen by 53



Write a comment...





**Nora Fredstrom**

November 3, 2016



Greetings from the ASSE Student Section Members at the Future Safety Leaders Conference! We are having a wonderful time meeting and learning from some outstanding professionals with other safety students from across the country. Today, we were thrilled to make a donation on behalf of the Student Section to the ASSE Foundation.



Like Comment Share

Paul Duke, Meredith Vesper and 6 others

✓ Seen by 52



Write a comment...





**Nora Fredstrom**

October 8, 2016

Happy Homecoming Redbirds! ASSE Students are working hard at the Homecoming Parade Coffee Tent! Stop by and see us in front of Moulton Hall! #RedbirdHomecoming



Like Comment Share

Fanny Bowers, Nick Karalis and 1 other

Seen by 49



Write a comment...







**Nora Fredstrom**

October 6, 2016 · Bloomington, IL

Happy Homecoming Redbirds! I hope you are having a great week! This Saturday Morning, ASSE will be hosting their annual Coffee Tent at the Parade at 10:00 am. We will be set up just outside of Molton Hall. If you are an alum in town for the game, please stop by! If you are a current student and would like to volunteer to help at the tent, please email me at nkfreds@ilstu.edu. We will be setting up the tent at 8:00am and serving coffee, hot chocolate, pop, and donuts until the end of the parade. Hope to see you there! Go Redbird!



Like Comment Share

Fanny Bowers and Mack McLoughlin

Seen by 48



Write a comment...



**Nora Fredstrom**

September 1, 2016

Current ASSE Members: Stop by the EHS Tent at Festival ISU! We are located right outside of Cook Hall. We would love to have your help with Fire Extinguisher Training. Any amount of time would be appreciated between 9:00am and 3:30pm. Hope to see you there!

Like Comment Share

Cory Sattersten, Nick Karalis and 3 others

Seen by 52



Write a comment...





**Nora Fredstrom** shared a link.

August 10, 2016 · Normal, IL

Current Students: The application to attend the Future Safety Leaders Conference is available. Future Safety Leaders will be in Oak Brook, IL on November 3 & 4. This is an ASSE professional development conference specifically for students. The application to attend needs to be completed and submitted to Paul by September 8. The next couple of weeks could be a good time to complete this application before the semester gets busy! (Link for application: <http://fslc.asse.org/.../2016-FSLC-Student-Essay-Worksheet-FI...>)



### Future Safety Leaders Conference | Enhancing the Success of Students

Come together with your peers, OSH professionals and top employers for a two-day conference focused on providing you the tools to begin a successful career...

[FSLC.ASSE.ORG](http://FSLC.ASSE.ORG)

Like Comment Share

**Daniel Bove and Nick Karalis**

Seen by 50

1 share



**Bobby Bergstrom** Go to it! Its worth the time!

Like · Reply · August 10, 2016 at 1:14pm



Write a comment...

